Fulfilling Your Spiritual Promise

Volume 1

John-Roger, D.S.S.

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To all the Beloveds
fulfilling their spiritual promise
and going Home to God

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Foreword

I have studied with John—Roger—and, frankly, I've studied John—Roger—for forty years or so. In the late 1960's, I began working with him and assisting him to transform his spoken teachings into the written word, the better to reach people who were looking for a light in their lives. It is heartening beyond words to see a book such as this one available to readers because it gathers so much of John—Roger's wisdom into one tome.

When I say I have studied John—Roger for forty years, what I mean is that he has intrigued me from the first day I met him and, after all these years, intrigues me still. He is an absolute original, one—of—a—kind masterpiece. Very often, he is a surprise. He is a mystic and has lived a life profoundly grounded in Spirit and in service. He is completely spontaneous and unpredictable, which I have come to believe is the result of following a free and unpatterned Spirit. He is the most loving human being I have ever encountered—and undoubtedly the funniest. His teachings are a curious blend of Eastern and Western thought. As you read his works, you will find teachings of reincarnation, the laws of karma (cause and effect), the evolvement of individualized consciousness through realms of Spirit, the grace bestowed on humankind by Christ, forgiveness, the power of working with the Light of the Holy Spirit, the use of mantras, the chanting of God's sacred names, and the benefits of meditation all woven seamlessly together to create a tapestry—and within that tapestry may be found a path that J—R calls Soul Transcendence, a path by which you may fulfill your spiritual promise.

I've heard John—Roger refer to himself as a spiritual scientist, meaning he is pragmatic and checks out everything he teaches to be sure it is workable (it is). And I've heard him say he teaches "practical spirituality" (he does). One of his favorite sayings is, "If it

works, use it; if it doesn't work, let it go." Through the years, I've heard him answer innumerable questions with one of his own: "Did it work for you?" Other times, he shares—from the generosity of his loving heart—information that is both practical and liberating. Whatever his response, his answers are accompanied by an infusion of spiritual energy that is, in itself, transforming. I've sometimes not understood anything of what he said, but whatever was bothering me disappeared. There is something mystical in the energy he works with that takes his words beyond the mind and into the heart and Soul. I think of it as a little bit of magic, and it keeps me mindful that there is more to this than meets the eye.

Much of what you read here (and in other books by John—Roger) is the result of his response to people's desire to get free, to break the bonds of negativity that hold them down, to realize the positive side of their nature. Someone says, "I just keep doing the same stupid things over and over," and J—R says, "Let me tell you about karma and how to break the cycle." Another student says, "I am so angry at my parents that it affects everything I do," and J—R says, "I'll tell you about using forgiveness as a path to liberation." Someone else says, "Nothing seems to work very well for me," and he says, "Here are some ideas about working with the Light." Add it all together and you get the science of Soul Transcendence, your practical guide to fulfilling your spiritual promise— and a bit of mystery to keep you intrigued.

From the altitude of the mystical consciousness, I believe it must be clear that each person is the embodiment of a divine Soul and that each Soul knows its own destiny and path back into its true nature. I say this not from any mystical consciousness of my own, but from my observations that it is from that premise that J—R treats all of his family, friends, students, acquaintances, the guy at the carwash, the waitress in the local diner, and the down—and—out fellow on the street corner. On some level, we are all the same and he knows it, so we are all awarded the same respect, love, and neutral regard. As a personal friend, student, and acquaintance of J—R's, and a sometime waitress and even occasional car washer for

him (and maybe down but never out), I can say that I have always experienced myself honored by him as a creative, unique, and individual Soul on a human path. Just that has encouraged me to grow, reach into new ventures, find my way in this sometimes difficult world, behave in ways more courageous than I actually felt, and risk loving myself and others in greater and greater ways.

Another thing I have learned from studying John—Roger (and his teachings) is that God wants us to succeed and to be happy. I have watched him be successful, happy, abundant, joyful, and free. And his teachings encourage us to do the same. In this book, you will find many practical tips and hints for living life in a more fulfilling way. I invite you to experiment. See if anything here works for you. Practice observation. Pause from time to time and ask yourself, "Did that work for me?" and you'll find yourself becoming your own spiritual scientist. And you may find yourself fulfilling your spiritual promise by awakening to the original, funny, free, creative, magical, mysterious masterpiece you are. And then, Soul Transcendence is just around the corner. John—Roger can be your guide.

Pauli Sanderson

Preface

The biggest challenge in compiling this book was deciding what to put in it. John—Roger (J—R) has done over six thousand seminars and question—and—answer sessions and has published dozens of books, and he is still presenting more information even as this is written. So the question of what to include— and exclude— was a bit daunting. But the line had to be drawn somewhere, and we hope that *Fulfilling Your Spiritual Promise* gives you a good overview of many of J—R's teachings yet does not "strain your purse and sprain your wrists."

This book includes information from many sources, such as unreleased seminars and question—and—answer sessions, tapes and CDs currently available, J—R's articles in *The New Day Herald*, his answers to questions that people have asked him in letters, and some information in the wonderful early publications *The Journey of a Soul*, *Awakening into Light*, and *The Consciousness of Soul*, as well as the informative *Passage into Spirit*. There is some information from other sources, such as Appendix 2, An Informal History of MSIA. The full Glossary is at the end of each volume, and it defines many terms used in the book.

Designed primarily for the student in MSIA and useful for anyone wanting to know more about J—R's teachings, *Fulfilling Your Spiritual Promise* includes not only explanations of such broad concepts as karma and the human consciousness but also such specifics as how to dispose of a person's MSIA materials after death. One rule of thumb for inclusion of material was, "Would I have wanted to know this when I first started studying in MSIA?"

That said, the information in this book may represent a small part of what J—R has said on these topics. In addition, the Spirit is always free—flowing, found in the present moment and not "set in

stone" in a book or other written form. The information in *Fulfilling Your Spiritual Promise* is meant to provide a start, a direction to look in, and we encourage people always to look within themselves for Spirit's direction. And when reading the book, you might bring to it an intention to awaken more to the Spirit. This can be like a prayer to God to reveal Itself to you, and the outer information may trigger an awakening to the living teachings of the spiritual heart.

Throughout, there are suggestions of J—R's books, audio seminars, and video seminars that give additional information on the topics covered. We can't urge you strongly enough to go to these other materials—the audio and video seminars, books, and especially the Soul Awareness Discourses, which are the Mystical Traveler's teachings on the physical level.

We think the material in this book is both useful and interesting. The information in later chapters does build on what is explained in earlier chapters, so you may want to read the book from the beginning, but it's not at all necessary to do that. You can also use it as a reference book for individual subjects you want to explore, and the expanded Contents pages and the Index (both of which are in all three volumes) can help you access what you want to read about.

At the same time, there is a difference between just *reading* the information and *studying* the information. We encourage you to actively engage with the information, apply what you read, and see how it works in your life. J—R teaches Soul Transcendence, which is becoming consciously aware of oneself as a Soul and as one with God, and he has said that the Soul is the spark of the Divine in each person. As you engage with the Soul consciousness through these teachings, your Soul can awaken, and this is not from a theory or speculation but from your own experience.

J—R has often commented that joy is an indication of Spirit's presence, and in so many of his seminars and sharings, there are eruptions of laughter and general hilarity. So, to get a wonderful taste of that joy of the Spirit, we highly recommend that you listen to what J—R says is his favorite seminar: "The Traveler—The One Who Laughs in Your Heart."

Enjoy!

Betsy Alexander

This is the Sanskrit symbol for Hu, which is one of the names of God chanted in MSIA.

Acknowledgments

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A Word on Study Materials

There are some MSIA materials that are ***only for the person receiving them,*** and these include Soul Awareness Discourses and Soul Awareness Tapes/CDs (SAT series). These are not to be shared with anyone else. If you want to order a SAT selection, you need to be a SAT series subscriber.

There are also what we call ***personal—use*** audio—tapes, CDs, videotapes, and DVDs. These may be shared with your spouse and children under 21 years old living at home.

Finally, there are ***public—use*** **materials**. All books (excluding Discourses) are public—use, and certain audiotapes, CDs, videotapes, and DVDs are also public.

All audio and video materials recommended in this book are designated as personal—use, public—use, or SAT. And for more information on the reasons for these designations, please see page 678.

To order any MSIA materials, you can contact MSIA:

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You come into this world, attempting to fulfill certain qualities within yourself, and you go about it in many ways. But there is a prime directive that everyone works under:

You are here to find out who you are, to find out where the Soul realm is and go there, and to have co—creative consciousness with God, the Supreme Father.

This is your whole direction and purpose on this planet. This is where your satisfaction and your fulfillment lie. This is your spiritual promise.

CHAPTER 1

Introduction

This is a book about love—the love that brought you here and the love that you are. It is about seeing through the eyes of the Soul, which see only love. It is about joy and using everything in your life for your upliftment, growth, and learning—because everything in your life *is* designed for that. It is all designed *for* you, personally, in the deepest and most profound way possible. And when you truly know that, you will live in freedom and the fulfillment of your spiritual promise.

There are three tenets we use in the Movement of Spiritual Inner Awareness (MSIA), and they are the foundation for this book and for everything I teach:

1. Out of God come all things.
2. God loves all of Its creation.
3. Not one Soul will be lost.

Let's briefly look at them.

Out of God come all things.

Spiritually, the same flow of energy that is going through you is going through me and through others. This is why Jesus said that "when you have done it to the least one of these, you have done it to me" (Matthew 25:40). Because all things come out of God, if we become prejudiced against one, we have become prejudiced against the awakening of our own consciousness of love.

God loves all of Its creation.

In the Bible, it says that after God created the world and human beings, He saw that it was very good. That means God loves it. God is maintaining us here and has also given us the ability to build and change according to our own will.

Not one Soul will be lost.

The Soul is the energy of God manifesting in the physical body. Since out of God come all things, God cannot lose Itself. People cannot lose their Soul, for how can anyone lose something that is immortal and that has always existed?

In MSIA, there are certain things that we keep in mind as we go through life, and they are our guidelines:

1. Don't hurt yourself and don't hurt others.
2. Take care of yourself so you can help take care of others.
3. Use everything for your upliftment, growth, and learning.

We also believe that God as Christ dwells within each person as a spirit and that we have to treat people in relationship to that spirit, which we discern as being a loving force. We feel that our job, then, is to become ministers to everyone in relationship to this Christ Consciousness, this loving feeling, no matter where we find anyone at any time. MSIA's teachings go into how we get in our own way, how to get out of our own way, and how to assist other people without inflicting on them or trying to ram a point of view at them.

This planet is a classroom, and each of us is here to gain experience and to become aware of the Divinity within ourselves—to awaken to and fulfill our spiritual promise. Your exploration of this can be a life-long adventure; it certainly has been—and continues to be—for me. This book offers some outer ideas and support for your inner exploration of this.

Work the new ideas that come your way. See what they do. You won't be deceived by anyone if you check things out.

Our primary approach is that each person needs to validate by their own experience the reality of the teachings. So, we do not deal in a strong belief-structure; rather, we encourage you to believe in your own experiences and what those experiences bring to you in terms of your inner awareness and inner enlightenment. And, of course, these are all very individual because not everyone approaches the teachings from the same background or context of life. The teachings are wide enough and voluminous enough so that most people can readily see within them how they can fulfill their life destiny more completely in terms of the spirit that they are. So this is my advice as you read this book: if it works for you, use it. If it does not work for you, have the wit to let it go, bearing in mind that this may change over time. What is working today may not work tomorrow, and, conversely, what does not work today may work for you tomorrow. So we strive to remain open to each new experience.

I am not bringing forward new information. I am bringing forward the ancient message that has been said over and over, and all I am doing is repeating it in words that are for our time. Sometimes I may get tired of repeating it, but I keep doing it anyway out of my loving for you. At some point, you will get tired of hearing me and you will start doing it for yourself, and that will be the day you awaken yourself. And if you sit down very quietly and tune in, you will get it from the Spirit within you, which is more effective anyway.

I am not asking you to believe what I say. I prefer not to speak to people who are believers, those who, if you say anything, just believe it. I like to have people bring their critical faculties with them, so as you read this, I would like you to bring your mind, your intelligence, and everything that you have heard or that you have been exposed to. Most of all, I would like you to have the experience of these things yourself.

You may read things that are new to you. You may also read things that you already knew but you did not know that anyone else knew them, and you will find them validated here. Some things may seem strange and peculiar, even "loony." In a way, they *are* loony, and this is because what we see physically is reflected light. You see something or someone else because they are reflecting light, but you see the Spirit because the Spirit Itself is shining. So the Spirit world is, in that sense, backwards from this world.

Years ago, some psychologists did an experiment where subjects wore glasses that reversed the vision from the right eye to the left eye and then upside down. So if a person tried to go right, according to what he saw, he would really have to go left. And if he saw something that he would normally have to reach down to get, he would have to reach up. Needless to say, the subjects were having a very hard time. As I watched this experiment, I said to myself, This is what it's like to be spiritual. This is why, when you go on a spiritual path, some people think you are crazy, no good, or even corrupt. But it is all cultural. If you were doing that in India, for example, there would be temples or ashrams into which you would fit just fine.

So as you read this book, try not to let your cultural background or the vocabulary get in your way. I go towards reaching the heart. I want your heart to come open because I have found that when your heart opens, you will have wisdom as a by-product of liking and loving. Then you get intelligence. Then the wisdom comes out, and from that comes the knowledge of how to do it again. It is what I call being a spiritual scientist. If you are really being religious—and "religious" means to be realigned with God—then you are being a scientist, because the only way you can realign yourself is to stop the belief in what you think or what you have heard or read from others and, instead, find out for yourself.

You are the Light. You are divine. You are in a state of becoming aware of what you already are. In your spiritual quest, look for love in all things.

Above all, look for the loving, which is how all of this works. Without love, no matter what else we have, it will not work. And if we have love, no matter what else we do not have, it *will* work.

CHAPTER 2

The Realms of Spirit

There is nowhere you can go that you are not in the body of God—nowhere. There is no place you can conceive or imagine that you are not within this frequency of Spirit. Even in your darkest moment, you are still in the body of God.

Introduction

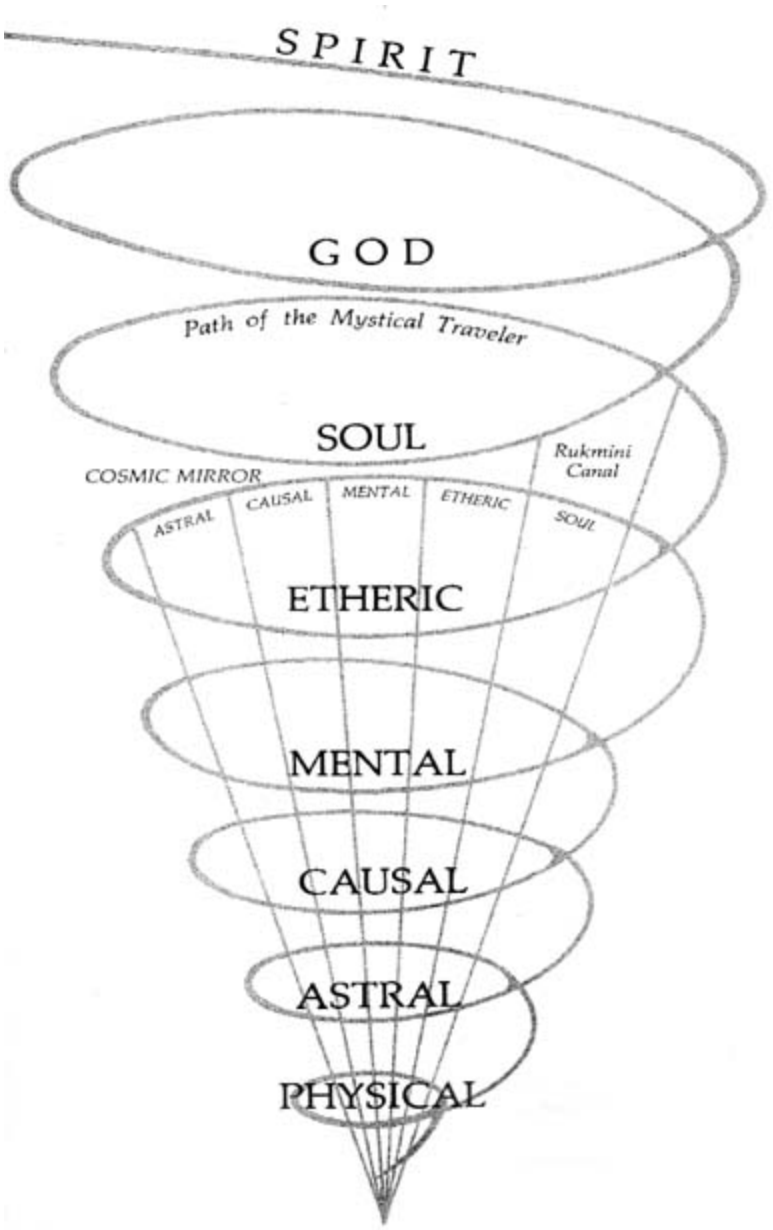
You exist on many levels of consciousness at the same time. It can take a while to know this for yourself, and you will truly know through your *experience*. That experience can come through an intuitive flash, for example, but for most people it comes with continuous practice—and the most effective way of practicing I have found is spiritual exercises, an active form of meditation. (This is explained in chapter 9, Spiritual Exercises and Soul Transcendence.)

You must test the teachings to find out if they are true and valid for you. When you hear a teaching or message, you should always test it out.

In this chapter, I will give the information I have gained through my own experience of going into the various realms of Spirit. I share it here not as something for you to memorize and learn only mentally but as background information that you can have in case you run across these things in your own "inner travels." It can also give you an inkling of how large and expansive your consciousness is. You can know these realms through your direct experience, at which point the information moves out of the theoretical area and becomes experiential.

This chapter is an overview of life in the Spirit, as I have seen it. I will present the information to you and show you how a lot of it interrelates. Then you have to realize that it is a "lie," although it is not meant to be a lie. I am really attempting to tell you the truth, but as soon as I talk about the invisible in terms of anything you can relate to in this world, you have to know that it is inaccurate because everything I say out of a physical body is an illusion. No matter how close I come to describing the spiritual levels, I cannot tell you how they really are because there are no words to describe what is going on there. And, as I said, your own experience of these realms will be the best validation you can have of their existence.

Chart of the Realms #1



With that in mind, let's look at the realms of Spirit.

Physical realm (relating to the physical body, that which is material)

Astral realm (relating to the imagination)

Causal realm (relating to the emotions)

Mental realm (relating to the mind)

Etheric realm (paralleling the unconscious)

Soul realm (relating to who you really are)

These realms exist both *within* you (as your own levels of consciousness) and *outside* of you (as distinct realms of existence). They are not like stories in a building; rather, they are vibration rates, and each has characteristics, vibrations, and situations that are unique to it.

The Chart of the Realms #1 on page 16 shows the major realms. Note that the spiral going through all the realms is called the Path of the Mystical Traveler, indicating that the Traveler Consciousness is found in all the levels of existence. (For more on the Traveler, see chapter 7, Soul Transcendence: The Work of the Mystical Traveler.) As the chart indicates by the slanted vertical lines, in the physical realm, all the levels exist: physical, astral, causal, mental, etheric, and Soul. The other realms all have aspects of the astral, causal, mental, and etheric, and the Soul is also found there.

There are two important things to notice here. First, only in the physical level do all the levels exist at the same time. Second, the only aspect that is common to all levels is the Soul. The Soul is the most important aspect and carries through everything. In each of the levels, the Soul, the "I Am," resides all the time as an ongoing beingness, essence, consciousness. It has to be on all the levels because of its nature. It is who you are.

The physical, astral, causal, mental, and etheric realms are in the lower, or negative, planes of existence. "Negative" as I am using it here does not mean "bad" but, rather, negative like one of the poles of a battery. A battery has a negative pole and a positive pole, and together they create the charge that is the power. In a similar way, the planes of existence have negative and positive poles.

The Soul realm is the first of the positive realms of existence. There are also twenty-seven ascending realms of Spirit above the Soul realm. They are all involved in the greater, more conscious realization of Soul, God, and Spirit, until the Soul eventually

dissolves its individuality into its greater oneness with the Supreme God of all. These realms of pure Spirit defy explanation in physical vocabulary and must be experienced to be known. There are no words; it can only be said that they do exist and that it is everyone's potential and heritage to know of them someday in direct, conscious experience.

The Soul, expressing through various forms, may incarnate on any of these realms at various points in its journey. When the Soul incarnates on the physical realm, it has the unique opportunity of experiencing all of the negative realms simultaneously (that is, the physical, astral, causal, mental, and etheric). The Soul's experience on any negative realm other than the physical is more restricted or limited to that particular realm. But through the form of the human on the physical realm, the Soul's awareness is multidimensional, and the Soul can simultaneously experience all negative realms as well as all positive realms. This fact, alone, makes being in a physical body of great value spiritually, as I will explain below.

Overview of the Realms

So let's start where you are now: the *physical*. From the Soul's point of view, the most important things about being on the physical level are that (1) the Soul is gaining experience here, and (2) this level is a "springboard" into the Soul realm. It is only from the physical level that the Soul can move directly into the Soul realm and above. From any other lower realm—astral, causal, etc.—the Soul moves up level by level.

You are on all levels of Light. Right now, in this moment, you are already there. To be consciously aware of any or all of these levels, you need only expand the consciousness to encompass them. The way to expand the consciousness instantly is to move directly into the Soul, which has all vision, all knowledge.

Above the physical realm is another world, the *astral* realm, which relates to the imagination and which is invisible in terms of the material world. The word *imagination* comes from the words *image in*, and to imagine is to take a thought or idea, put it in a form, and put it inside. Each of us, when we close our eyes, automatically goes into the astral level.

Above the astral realm is the *causal* realm, which refers to the emotions and is where the seeds of karma are. The Judeo-Christian idea that is equivalent to the idea of karma is "as you sow, so you reap" (Galatians 6:7). We often call the emotions the feelings, but emotions are really a contraction of these words: *energy in motion*. So when we are having emotions inside of us, we are actually having energy moving through us, or we are having energy blocked so that it has a very difficult time moving through us.

Above the causal realm is the *mental* realm. Sometimes we refer to this as the mind area. (It is not the brain; the brain routes information, and the mind is outside the brain.) Another word to describe the mental realm is *intellect*. This is what we get out here in the world from books, teachers, and so on. We put it in, memorize it, and put it back out. The Soul, in contrast, is intelligence. It just knows.

The realm above the mental is called the *etheric*, and it parallels the unconscious. This whole etheric is dark, and there is little or no awareness of it. In fact, there is a void at the top of it, through which we have to pass in order to get into the Soul realm. This void relates to our unconscious.

Above the etheric is the *Soul* realm, the first of the positive realms of Spirit. When we go to sleep, we may not go into the unconscious, as some people think. We may go into the Spirit. The Bible says that if you want to know God, worship God in the Spirit, that is, the Soul. (It did not say to worship God in the flesh.) The Soul is connected to the Spirit, and at that moment of being in the Soul, you can have total fulfillment and worship because you are spiritually alive.

MSIA teaches how to transcend across from the physical, the astral, the causal, the mental, the etheric, into the Soul and above.

Coming into a Physical Existence

The Soul comes from and has its home in the Soul realm. It takes on a physical body and comes here to gain experience, and Earth provides many, many experiences.

As the Soul moves into a physical, material existence, it picks up an etheric body (sheath), which is a very fine substance that covers the Soul. As the Soul continues to descend, it picks up mental, causal, and astral bodies (sheaths), each one increasing in density. When "you" are born, it means that the Soul has picked up the densest sheath, the physical body.

You are probably very acquainted with the characteristics of the physical realm but may not be as familiar with the other realms, so I will give a brief explanation of each of them.

Astral Realm

In the astral realm, as I have said, there are the astral, causal, mental, etheric, and Soul levels. And in the causal level of the astral realm, just as an example, there could be ten million levels. This levels-within-a-level-within-a-realm arrangement exists in all the realms, and there are truly "worlds without end."

The astral realm is where the imagination and concomitant feelings reside. Although there is no physical in the astral world, the astral body does resemble the physical body, but it is not in the condensed energy form of the physical body.

The astral body has a double body around it that has all our unconscious baggage of this world. Part of that package is everything that we have done and not done that is still hanging around us. Excess weight in the physical body is sometimes a direct result of undone things. We have tucked these "incompletes" into

the baggage around us. As soon as we handle something, we often feel as if a load has lifted off our back, and we may also be in a position to lose weight physically and to lighten up emotionally, as well.

You cannot have physical experiences in the astral world, although if we were in the astral world right now and I offered you a glass of wine, it might taste better on that level because the senses are sharper there. In a strange sort of way, you might qualify as a better “wine taster” in the astral world than in the physical. If you are going to be a drunkard, perhaps the astral world is the best place. At least you cannot fall down physically; in the astral, it is more like floating.

Insomnia often comes from the mental level in the astral realm. The astral mind continually mentalizes about issues; combining with imagination, it affects the body and, at times, the adrenal glands, causing the nervous system to react. If the pituitary gland has been involved in too much mentalizing, there is a stream of action from the mind with no apparent way to control it. One way to handle this situation is to get out of bed and do some exercise that is strenuous for you. This will use the excess adrenaline in the body, and you may then be able to lie down and rest.

Most psychics function from the astral level, which is a level of phenomena, levitation, and table-raising. This realm of imagination has a powerful influence on the physical realm, and these kinds of phenomena feed off the imagination.

Most dreams occur in the astral level. Another way we imagine, or image-in, is by daydreaming. Daydreams actually weave in and out of the astral, causal, and physical worlds. Daydreaming is not necessarily a waste of time. For example, it can be quite useful for giving a person time to manage their emotions through getting away from a source of emotional difficulty. Daydreaming also permits the creative elements to fuse and produce more easily without the conscious self (a person’s usual, everyday self), ego, and judgment in the way. Part of the creative process involves putting those aspects aside so that the creative forces can flow freely. The

structuring comes in later when you translate the vision into something tangible. Einstein daydreamed, as did Edison and many other creative, inventive people. Adults often do not feel comfortable calling it daydreaming, however, so we invented another, more mature word—*preoccupation*. Children often daydream, and when a student is daydreaming in class, instead of saying to stop it, a better approach is for the teacher to ask the student to write or draw what they are seeing.

In the astral realm, there are so many unanswered prayers, and it would stagger you to see the junk that is there. If someone has prayed for a refrigerator and they stopped short of getting it, it is still there. The same with cars, hospitals, fundraising events, marriages, "Soul mates," what have you—it is really junky up there. If you did not get it, you have to clean up your creation because, as Jesus said, "Ye are gods" (John 10:34), and a god is responsible for its creation.

To clean it up, you have to consciously "cancel the order" and stop putting energy into it. "But," you might ask, "what about all those things I asked for before I knew how this works?" If you do not remember them, you can ask God that they be released and returned to the nothingness from which they came. You can also do free-form writing to get them out (see Appendix 1 for an explanation of how to do this). And if you are working with the Mystical Traveler, much of this can be cleared in the sleep state and through grace.

The Lord of the astral level is more brilliant than sixteen suns. St. Peter, often called "the gatekeeper," is in the astral realm, and the top part of the astral realm, called Summerland, is what most Christian religions and other orthodox religions call heaven. You may live here 1,500 years and have to turn away from the Lord of the astral level because its reflection would be so bright—and that is still in the psychicmaterial worlds. Even though you might think you are in heaven eternally, you will generally return to a physical, material existence.

Causal Realm

The Lord of the causal realm (often called Jehovah) is at least a thousand times more brilliant than the Lord of the astral realm. In terms of the creation of the world, Jehovah's job was to build this particular planet and to work in this planetary system. Religions that originate from the causal realm are emotional in their form of worship and devotion. The Pentecostal churches, the Holy Rollers, the Quakers, the Shakers, the Roman Catholic Church, and many others draw their energy field from the Lord of the causal realm. This is not to place a value judgment on these groups, just to state their origin. People who are highly focused on working with emotions in their karmic flow are likely to be drawn to religions that come out of the causal realm.

This physical level is the most insecure, the most doubt-ridden, and the most frustrating level, but that's because it is the classroom.

The emotions can be seen as a thread that weaves throughout the entire fabric of our lives. On this thread resides our DNA and RNA programming of inherited predisposition towards the areas that we are here to balance in this existence. The "seeds of karma" and the records of all of our actions from all of our existences are kept in the causal realm. That is, the causes of the things that happen in this physical level originate in the causal realm, which is the level of cause and effect, and everything we have to work out in the world comes out of this realm. We may sometimes think that most of our troubles come from this level, but, from a higher perspective, any troubling situation is actually a balancing action.

The emotive body, which is in the causal area, produces emotional energy that has little if any intellect. As an analogy, water can be said to move in an energy pattern that has no intellect. The

energy of the causal area that we call emotions carries us along and has no intellect.

How you act is always your choice. If you rely on the emotional energy and ride it like a flood or, in some cases, Niagara Falls, you can go with that energy. Or you can bring forth your intelligence to determine if you really want to go along with your emotions or if you want to just stand next to the observation railing, hold tight, and observe the emotions flooding by without participating in them. It can be difficult to do this, especially in the beginning, but it can get easier in time through practice.

Mental Realm

Thinking is not a natural process of the human consciousness. You may say, "Sure it is; everybody thinks," but very few people actually think. Most people react and then pass that off as thinking. Thinking is the cause of things. Reaction is the effect. Most people think about 10 percent of the time and react the other 90 percent, and for the most part, people are reacting either to their previous reaction or someone else's reaction.

The inadequate use of the intellect by the human race after all the centuries of negative creation is something to behold. People still do not know that the mind has been placed with the physical body to help the Soul discern what is going on in the physical realm. The mind has to be a master dynamo to fulfill that function, and it is. As a creator, you have a challenge ahead of you: to create responsibly. Jesus once said, in essence, that you become what you think. He did not come out and say, "You draw energy fields to yourself and charge them with negativity or positivity." He used words that were applicable to the time and place in which he lived.

In working with the mind, it is important to remember this: energy follows thought. That means if you are thinking about a hot fudge sundae, all the levels of your consciousness come in line to bring that to you. The same is true for envisioning and moving

towards higher spiritual awareness. All of your levels will start making that happen. That is why it is so important to watch your thoughts because you will create physically those things you have focused on in your thinking. Also, be careful of what you say. Listen to what you say and be sure it represents what you really want in your life.

Thoughts cannot conceive the greatness of the Soul. You can't find the majesty of the Soul in science books or math books. You may not even be able to consciously look and find a key that awakens something inside of you a little more than before. So all you can do is let go and say, "It's beyond my mental ability."

At the same time, keep in mind that perfection is not achieved on the physical level. In the Soul, you are already perfect; everyone is. In the body, emotions, and mind, you are working to bring yourself into balance so that you can more readily see the Soul's perfection. And as you learn to keep yourself balanced, you can move out of the areas of dogma and opinion and move into a state of being. In that state, you will be aware of what is going on, but you will not necessarily have to enter into it. You will not have to get down in the "muck and mire" of negative expression. You simply keep yourself balanced and clear within your own consciousness, regardless of what is going on around you.

Etheric Realm

Above the mental realm is the etheric realm, which parallels the unconscious. In this area, we may experience what we call goblins, ghosts, and "things that go bump in the night." We may also experience angels, beautiful devas, and ancient cities.

The etheric is one of the areas into which we repress our negativity. Everything that has not yet been cleared in the physical, astral, causal, and mental levels gets projected onto the "cosmic

mirror," which is at the top of the etheric realm and which divides this realm from the Soul realm. Your worst dreads, thoughts, feelings, and circumstances may all appear on the cosmic mirror as realities, but they are only reflections. The cosmic mirror may also reflect to you the glories of the earth. Then you may enter into an identification with that glory and reincarnate.

The more you can use every aspect of your existence as a spiritual exercise or as a spiritualized exercise, the more successful you will be in bridging into the etheric.

If you could look at these things clearly, they usually would not bother or entrap you, but in the etheric level, things are often misty and veiled because they are perceived through a swirling, dark void. One way to break through the realm of the unconscious into Soul is to work with one who has the keys, the knowledge, and the ability to show you the illusion of the unconscious and the way through it into the Soul. The Mystical Traveler Consciousness can do this.

By the time you evolve to the etheric realm, you have gone through the brilliance of the Lords of the astral, causal, and mental realms, and now you are reflected as the brightest thing in sight. The fact is, however, that you are still not in the Soul realm. Some people settle in the etheric realm, thinking this is heaven as they experience God's presence. God is, indeed, present in the etheric, as It is in all the other realms, but this is not the heaven that we consider eternal life. Eternity and liberation exist only in the positive realms: Soul and above.

When you reach the Soul level, there is only a knowingness of God that does not rely on the body, mind, emotions, or imagination. It just is. In Soul awareness, there are no thoughts about God or feelings about God, and you are not imagining

how God will be or should be. You are not involved in your image of God. You are simply aware of God.

Soul Realm

The Soul realm is the first level where the Soul is consciously aware of its own identity, its pure beingness, its oneness with God. As I have said, the Soul comes from and has its home in the Soul realm. In many ways, the Soul is a stranger to the lower realms, and there is always within it the thrust to return to its home, the realms of positive Spirit.

When we were born out of Spirit, we were born as a whole, complete Soul, and the Soul is perfect and made in the image of God. If the Soul is complete, whole, and perfect, why does it choose to incarnate? Because it is inexperienced. By coming into a physical body, it is gaining the experience of this level of God's creation.

Although the Soul is perfect and is our most important aspect, it is the weakest aspect in the physical world. The physical is by far the strongest, and on the physical level a person's astral, causal, mental, and etheric aspects are all stronger than the Soul. The Soul will allow these lower aspects to lead the consciousness because, no matter what happens, the Soul is gaining experience. The Soul does not interfere with this because it is a noninflictive energy, and it will not inflict against anything, including the false or lower self. Nor can it inflict against the false self or the Soul of anyone else. It is a paradox that the Soul is all-powerful, the spark of the Divine within, and on the physical level it is the weakest part of our makeup—until we find it. When we do find it, we can then learn to allow the Soul to lead us.

The Soul (which is who you are) is a small, integral unit of energy, so beautiful that the whole cosmos and all the universes are contained within it. It is a

prototype of all existence, complete in one energy unit. There is nothing that exists anywhere in the universes of which you are not a part, through the energy that is the Soul.

The noninflictive nature of the Soul also explains why people can spend whole lifetimes being unaware of the Soul's existence in themselves and in others and being caught up in the lower levels of their existence. Sometimes a person will feel a sadness and despair that nothing in this world can relieve. It is experienced almost as a feeling of homesickness, and that is actually what it is: they are sick of these lower levels, and they want to go home to the Soul realm.

Another paradox is that we do not have to go anywhere to be in the Soul. We are already there. We have only separated ourselves in consciousness from the Soul because of confusion through identification with our mind, our emotions, our body, and the material world. In the Soul, there is no separation. People have often asked me how I can know what is going on in a certain place. This is how: I step into the Soul, and in the Soul consciousness, my Soul can communicate with any other Soul. It is instantaneous knowledge, faster than the speed of light. In the spiritual Light, everything is instantaneous and exists now. This is what people refer to as "the eternal now." It is when we come into the physical body that we come into space, time, differentiated energy, and various dimensions. Many people say, "I'm going to live for all eternity," and I say, "Yes, you are doing it right now. This *is* eternity." A thousand years from this point, if they say, "I'm going to live for eternity," the answer again will be, "Yes, you are."

The Soul's first name is Love, its middle name is Truth, and its last name is Everlasting. Love and Truth Everlasting.

I teach spiritual exercises, the most efficient and effective way I have found to move into the Soul. When you are moving in consciousness from the etheric realm to the Soul realm, you go

through what is called the Rukmini Canal, a narrow opening between the two realms. It can be hard to find, but when you are working spiritually with the Mystical Traveler, the Traveler escorts you through and you do not have to consciously look for it or find it on your own.

Soul is another way of saying "I am." It is the highest level of consciousness available on the physical level. The Soul is intelligence: it just knows. In Hinduism it is called the *Atman*, a Sanskrit term meaning your essence, who you are. When you get to Soul, you can bring the Soul knowledge into the physical, and you can correct the things in your life that need correction. You can make your life wonderful, beautiful, and joyous. You can learn how to manage on all the levels from Soul on down, moment by moment, decision by decision, knowing that consequences of your past actions will sometimes challenge you and that they can be experienced, handled, and released as they arise. It is possible to live your life in Soul consciousness right now in health, wealth, and happiness.

There is so much there for you, once you open yourself to it and begin to work consciously on levels higher than that of Earth. It's all a manifestation of love. Love is the matrix that makes it all possible. The energy of Spirit is the essence.

Above the Soul Realm

There are twenty-seven distinct levels above the Soul realm. We call them the nameless realms, the inaccessible realms, the unavailable places; beyond that, there are no words for them, and you must experience them to know them. As I have said, the Soul realm is the first positive realm. When you go higher into the nameless realms of pure Spirit, it is neutral, neither positive nor negative, and Spirit is where everything originated.

In the beginning, there was Spirit. Spirit could not know Itself because It was all-pervasive. So out of Itself, It formed that which we call God. So then It became a Spirit God. But God in that form still could not know Itself because Spirit was all-pervasive. So then It formed Itself again out of Itself. But since that self was still Spirit, It still could not know Itself because It was still Spirit. As an analogy, my right hand cannot know my right hand because it has no reference point. But as I make another reference point (my left hand), I get to know my right hand.

But Spirit kept making Its "right hand" and could not know Itself. So then Spirit came down to Sat Nam (which means "true name"), which was the first extrusion of Spirit as an independent, whole-form God. Now Spirit could know Itself because It could see the God-form there in Sat Nam and the God-form in Itself. Sat Nam, the Lord of the Soul realm, became the Creator of all these universes.

The Negative Power

The Lord of all the negative realms (those below the Soul realm) is called Kal Niranjan, also called Lucifer, Satan, or the devil in most Christian religions. We can also just refer to Kal as "the negative power." There is not a devil in the physical form, but there is definitely a negative energy, which permeates the planet. This negative energy manifests in thoughts and deeds of individuals and groups.

Kal sets up all the karma for the planet, which we all function under whether we like it or not, and the negative power functions out of the causal realm, since that is the realm of cause and effect. I call the negative power "the loyal forces of the opposition," since its job is to make sure we learn our lessons so that we can go back into the higher spiritual realms. It does much to strengthen us, and in this way it can be seen as positive. In MSIA, we do not pay a lot of attention to the negative power, though we do learn how to hold a focus of loving in the face of it, because we keep our attention on where we are going—Soul Transcendence and God. We also do not

talk much about the concepts of evil and hell, since good/God and heaven are where we are headed. In one sense, in fact, “heaven” could be seen as awareness of our oneness with God, and “hell” could be seen as forgetting our oneness with God. I look at evil as unnecessary experience. The Soul is here to gain experience, but not all experience is necessary. Some things are a detour, a distraction, yet since not one Soul will be lost, there is no unnecessary experience in the bigger picture. It just depends on how many millions of existences you want to have before you return home to God.

Sounds, Colors, and Qualities of the Realms

When you are in the levels below Soul, primarily you are aware that you *see* the Light, and it is beautiful. When you reach the Soul realm, you are part of the Light. You are *impressed* with the Light, which is actually the Sound Current, the audible Sound of God, which exists on all levels and can also be seen as various colors. In the Bible, the rod and staff are symbols of the Sound (the rod of power) and the Light (the staff that sustains all things).

Chart of the Realms #2

REALM	SOUND	COLOR
POSITIVE REALMS (Spirit) (Spiritual Light)	(Not verbalized)	(Not verbalized)
GOD		
27 Levels	HU	
	Woodwinds	
	Thousand violins	
	Angels singing	Clear
	Summer breeze through the willow trees	Pale gold
		Light gold
SOUL	Haunting flutelike sound	Gold
NEGATIVE REALMS (Reembodiment levels) (Magnetic light) (Karmic Board)	*Cosmic Mirror*	
ETHERIC *(Unconscious)*	Buzzing bee or buzzing fly	Purple
MENTAL *(Mind)*	Running water or babbling brook	Blue
CAUSAL *(Emotions)* *(Karma)*	Tinkling bells	Orange
ASTRAL *(Imagination)*	Surf/waves	Pink
PHYSICAL *(Conscious self)* *(Physical body)*	Thunder; heartbeat	Green

Rukmini canal

Subconscious
Unconscious
Habits
Addictions
Obsessions
Compulsions

(Note: High selves and basic selves may come from any level.)

For each realm, there is a particular color, sound, and quality. The colors are close to those listed on the Chart of the Realms #2, which also lists the sounds and qualities of each realm. The sounds given here are not exact but are an interpretation of sounds heard on the different realms, and the descriptive words are close enough to the actual sounds to give you something to listen for.

On the physical level, the sound may be like thunder. It is not a loud thunder, but it seems to be more of a steady sound. You might

refer to it as a roar, something that just continues on, and it might seem unpleasant to you. It can also sound like a heartbeat. Sometimes there can be a loud popping sound. When you sense or hear this popping sound, it probably means that you have exteriorized part of your consciousness and that it is returning after having moved away from your body, which can happen during spiritual exercises and meditation.

On the astral realm, the sound is akin to the whoosh of ocean surf or the sound that you can hear when you hold a seashell to your ear. Sometimes you may feel this sound pulsating.

On the causal realm, the sound is tinkling bells, much like wind blowing through glass wind chimes. The bell sound can also be like the "bong" of a larger bell.

On the mental realm, it is the sound of moving water. It could be like a stream, a meandering brook, a waterfall, and even water being poured from a pitcher. The higher you go in the mental realm, the more refined the sound becomes so that it is almost like water running flat—and that does not make too much sound.

On the etheric realm, it is a buzzing sound, like that made by a bee, fly, or mosquito. This one can be very subtle, and you may have to listen extremely carefully to hear it.

In the Soul realm, there is a flutelike sound (it could sound like the flute you hear in an orchestra, a reed flute, or a piccolo), but it is not an ordinary flute. When that sound starts through your levels of consciousness, you are actually eating of spiritual food, the manna that comes from heaven. Once you hear this tone, you will never forget it. It is a haunting, almost drawing-to-you sound. It is not tugging because you will have no resistance; you *will* go to it. That is the sound referred to in the Bible: "In the beginning was the Word, and the Word was with God, and the Word was God" (John 1:1).

In the first realm above Soul, the sound is wind, the most delicate, tantalizing sound of a wind that you can imagine. It may sound like a breeze blowing through trees. If, in the wildest stretch of your

imagination, you create what a beautiful wind sounds and feels like, you will still fall short of this sound.

Above that level, you will hear a humming sound, like the humming or singing of all the angels of all existences. It is not a loud or oppressive sound, yet you may feel as if it could rip you apart. At this point, you are moving into pure Spirit and dropping the identity of the Soul; every process and expression of individuality is being dropped.

Above that, the sound is of hundreds or thousands of violins. Very few people have ever gone this high and resided back in the physical body. Hearing that heavenly music can make this physical level extremely hard to live in.

Above this realm, the sound is like woodwinds: clarinets, oboes, saxophones, and flutes. The music is so perfectly divine that most people who reach that level want to stay there.

The Soul is positive in nature. The realm of the Soul and the realms of Spirit above the Soul are designed to lift us and bring us freedom. In the positive realms, the lower worlds lose their influence. The plan and purpose of the lower worlds become clear, and in that clarity is freedom.

Eventually we get to the level of God, where the sound is Hu or H-U. In levels above this are the Silent Ones, but I am unable to give you any definition of this, and none of the sounds from these levels can be described in words or reproduced with the human voice. We in MSIA are working with a source of power that comes out of the Silence.

There are certain qualities associated with each realm. In the physical realm, one quality is *attention*. You need to be actively involved in your life and to pay attention to what is going on around you. At the same time, the challenge is not to get caught up in thinking that the physical level is the entire truth about yourself,

for it actually represents only 10 percent of your existence, the other 90 percent being on the nonphysical realms. You also need the quality of *endurance* to work through and overcome any obstacles to your spiritual progression and to get up one more time than you fall.

On the astral realm, the challenge is to work with the quality of *ambition* and to apply it inwardly, to your spiritual growth. Your drive to succeed and accomplish can encourage you to check out the Traveler's teachings and see how they can assist you in moving towards Soul awareness.

At some point in your experiences and relationships, you are going to come across a line into the calm, quiet, and peacefulness of new experience. There is no emotion, there is no reference point, there is just that which is. From there, you can shift a step inward and start moving through the spiritual worlds and find there worlds without end. Where are you going? You say, "I'm going to the Supreme God, to give myself over to that." Then you say, "Put me where You want me as part of You." At that moment, you will have found your liberation.

On the causal realm, *devotion* is the key to your spiritual progress. Your devotion is to who you really are, your Soul, and your devotion to doing spiritual exercises is the expression of the heartfelt yearning for greater awareness.

On the mental realm, the key is *dedication*. Combined with the devotional quality of the causal realm, dedication—to your true self and to your goal of Soul Transcendence—can be a powerful motivator.

When working in the etheric realm, *consecration* becomes the key. Each outward act and the inner act of doing spiritual exercises become consecrated to the Spirit within you.

The Soul realm is the realm on which true *liberation* is found. Not until you are awakened to your Soul will you find the freedom that

is your joy and your heritage.

In the realms above Soul, the quality is *eternally traveling consciousness*, or ETC—with no period at the end. This is because there is always more. When you think that you have it, that you are there, that you know, go one step beyond that. Then go one step beyond that. No matter where you are and what you experience, do not stop there but keep going. Always, keep going.

You can bring the spiritual essence into the lower worlds and maintain it while you complete your life here. The more you can move into the Spirit as you live in this world, the more the Kingdom of Heaven comes to hand. And the more the Kingdom of Heaven comes to hand, the more God reigns personally within you—as both an inner and an outer form.

For More Information

For an explanation of personal-use and public-use MSIA materials, please see page 1.

"Inner Journey Through Spirit Realms" (Public CD, included with *When Are You Coming Home?*, hardbound book, ISBN: 978-1-893020-23-8). A beautiful meditation through the realms into the "high country" of your true self.

"The Sounds of the Realms" (Personal-use audio seminar #2530). Basic information on the sounds of each realm.

"The Hierarchy of Consciousness" (SAT #7114). Explanation of your "court of influence," teachers and guardian angels, and the masters above them.

The Anointed One (Personal-use CD set, ISBN: 978-1-893020-39-9). The CD called "God-Traveler-Christ-You" has information on the

creation.

CHAPTER 3

The Three Selves

The idea of the three selves encompasses many explanations for our consciousness. One psychologist said that when we are born, the mind is a tabula rasa *(a blank slate). That is right; the conscious mind is a blank when we are born. Another said we have racial memory, like a group consciousness or great unconscious. That is right; that is the basic self. Others say that we have total knowledge and awareness. They are also right; that is the high self.*

Overview

In the next chapter, I will go into detail about incarnation, which relates to one of the most fundamental questions of the human being: why am I here? Before I do that, I want to explain the three levels of consciousness that are part of our make-up: the high self, the conscious self, and the basic self. An understanding of these will help you understand how incarnation works.

I am going to explain the idea of the three selves and give some examples. Especially if this information is new to you, you might approach it with openness and check out how it could apply to you and how you could use it for your growth and upliftment.

Here are brief descriptions of each:

The *conscious self* makes the conscious choices, gets up in the morning, drives the car to work, watches television, studies the reports, talks to friends, and so on. It is the part of you reading this book.

The *basic self* has responsibility for bodily functions, maintains habits and the psychic centers of the physical body, and handles prayers from the conscious to the high self. Much like a four- or five-year-old child, it tries to assert its desires and wishes upon the conscious self.

The *high self* functions as the spiritual guardian, directing the conscious self towards those experiences that will be for its greatest good. It has knowledge of the life destiny agreed upon before embodiment and attempts to fulfill it.

The Conscious Self

The conscious self is the "captain of the ship" and can ignore or override both the basic self and the high self. This conscious aspect is the one most apt to get caught up in the illusions of the imagination, mind, and emotions and the glamour of the physical world, thus creating situations that may delay the Soul's evolvement. The conscious self usually functions out of the mouth, and to direct the conscious self, all we often need to do is keep the mouth shut.

When a human consciousness inflicts itself upon another human consciousness—when it creates harm, hurt, pain, etc., through physical action, thought patterns, verbal expressions, dishonesty, deceit, financial fraud, emotional control patterns, or any other way —it is held accountable for that and will be given the opportunity to clear the action and bring it into balance.

No one has the right to harm or hurt another in any way, and when that happens, the action must be balanced. It is the law of cause and effect: if you cause imbalance, the effect is that the imbalance is returned to you as its creator, and you get to make it right. This, in essence, is the action of karma. It is a just and fair action, and it is the creation of karmic situations that institutes the action of reincarnation. (Both karma and incarnation/reincarnation will be explained in depth in later chapters.)

By chanting the initiation tone, you can move through the channels of your own subconscious, into the basic self. You can then thrust this tone (which is Sound and Light) up into your high self, and the high self gives back spiritual energy in return. Going through the basic self and up into the high self brings you into a oneness in all levels of your beingness. Energy patterns can then be reassembled, and new directions can be brought forward for you—out of your own conscious direction.

The Basic Self

You may know there is another level within you that you may have a hard time explaining in words but that you can get very involved with. For example, you might find yourself picking up something that you do not want or need and putting it in your pocket. Why did you take it? Or you may "put your foot in your mouth" or lose your temper and then wonder, "Why on earth did I do that?" Many of these things come from below the conscious level, which is the level of the basic self. You could relate it to an animal instinct or to the areas of memory, habits, or emotions. The basic self is all of these things and more.

The basic self will act primarily to preserve the body. It will resist anything that will harm or hurt the body or that will cause destruction to itself. As an energy form, it is physically located in the stomach area. This can be the butterflies or knots in the stomach, the hurt and depression. It can also be the excitement, fun, and enthusiasm.

The basic self can be masculine or feminine, and you can also have more than one basic self. For example, a woman can have a female and/or male basic self, and the same is true for a man.

The term *inner child* has been in use recently, but this is not the same as the basic self. The inner child is more of a psychological description and is often used to refer to a person when they were a child. For example, people speak of "healing the inner child," which usually means healing memories of experiences a person had as a child.

The High Self

The high self can be from any of the lower realms (astral, causal, mental, or etheric), and its physical location is usually about six to eight inches above the person's head. The high self can also be masculine or feminine. For the most part, the high self will act in the best interests of the Soul's progression and evolvement, and it will direct the human consciousness into those experiences it needs for its education.

The high self expresses the feelings of great inspiration and lofty ideals; it can create the desire in you to lift mankind in your arms and save everyone. Those moments when you see everything in the world in love, beauty, and harmony, those moments when everything is right and perfect, come out of the high self. Your will and the Father's will are one, but it is really that you are following the direction of your high self and fulfilling your destiny here on the planet.

Working with the Three Selves

When a child is conceived, the basic self enters and starts making the child's body in the mother's womb. The high self, conscious self, and Soul hover around the mother, and the Soul and conscious self generally enter the child's body when the child takes its first breath. Both the basic self and high self still know the person's karmic plan at that time.

Then, when the child is around seven to eight years of age, the "veil of forgetfulness" for the basic self falls. From this point on, the basic self no longer has a complete working memory of the life plan, and the high self carries it. The plan is still with the basic but is dormant, and the basic depends on the conscious self to direct it. It can get upset, feel hurt, betrayed, let down, and confused, or can bring disease to the physical body if the conscious self does not communicate with it and direct it.

The relationship between the basic and conscious selves can be delicate. The basic can run things if the conscious self relinquishes responsibility. For example, the basic self can steal and make the conscious self feel guilty. Then if the conscious self represses this, this repressed energy can become a block between the high self and the conscious self. Because the high self is usually the communicator with Soul, the person may be blocking himself or herself from God.

When you become the God-man, you have awareness on all levels simultaneously. You walk with your Beloved. You walk in a divine consciousness. What things look like down here doesn't really matter because you're in an attunement. You're walking with your high self, the Father-Mother God that resides above you as your extension into the one great Light.

The key thing to remember about the basic self is that it needs good, loving guidance. Have you ever walked around hand in hand with a little child? If you let go of them, they are kind of lost, and they come back and grab your hand. Basic selves function like that. They come back and grab your hand. They want to be more counseled, more guided, to have more direction. They want to be close and feel like you are there. If you do not do that with your basic self by giving it good, clean, clear direction, nurturing, and holding, it will start to look to somebody else for it. Then you may look at yourself and say, "I have a lousy life, I need a relationship," because your basic self is out looking around, but it cannot find anything because it does not have the ability to recognize it when it sees it.

Connect with the basic self. Keep talking to it, praising it, and loving it. If it does something wrong, you say, "That wasn't on target. Let's just do that once more." And the basic says, "Wow! Watch me, watch me!" and it hits the target. If you then say, "Well, you're *supposed* to hit the target," that is not what the basic wants. Instead, you say, "Wow! You hit the target! Great shot! And now we

have to have more great shots." You give it a vision. But if you move off that first target to another one, you have to tell the basic self, "I'm going to move off that target to this other one." If you do not tell it—if you do not continually give the basic self clear direction—you will be moving someplace else, and it will still be back with the first one, and then both of them can get messed up.

The basic self loves to do and complete. So if you say you are going to do a certain thing (read a book, go back to school, balance your checkbook, travel in Europe, etc.) and then do not do it, the basic self still has energy tied up in that thing. So you need to say clearly and specifically that you are done with it if you are not going to do it. Broken agreements can be a big block between the conscious self and basic self and can undermine that relationship; then the basic may feel betrayed, confused, or let down, and you may not have all the support you need to accomplish things in your life. So be loving, clear, and responsible about what you say and do.

You want to come into alignment—basic self, conscious self, high self. And your purpose is spiritual: how to get more of your Soul awareness functioning as you, instead of your ego functioning as you. This is something you discover just by living.

Q&A About the Three Selves

Q: Is there anything we can do to help a child when the veil of forgetfulness falls at around age seven?

A: Maybe it's within the child's path that the memory veil falls, but at least you can keep the intellect aware that these other possibilities of awareness are still in existence, so that later on the person can make another choice to become aware of them again. Actually, what we are doing a great deal is going back and remembering when we were two, three, four, and five years of age.

Q: Is the personality a combination of the basic self and conscious self?

A: The personality is more a combination of the ego along with various karmic traits and inclinations that a Soul has agreed to bring into a lifetime.

Q: Is there an esoteric meaning to "crossing" yourself, which is done in some churches?

A: Years ago, when people would cross themselves, they would reach up to the high self, get hold of the spiritual power, bring it down with their hand to the basic self, come back up again to the heart center, and balance themselves out. When they would kiss the hand, this was to balance the action within them, to secure it within them.

As you keep moving towards the oneness, the wholeness of Spirit, you are reaching into the whole part of yourself where the basic self, conscious self, high self, and Soul are all perfectly aligned. When that occurs, you are awakened to the sacredness of your own being that has always been present and is present right now. You are all you will ever be. You are divine. You are perfection. All you have to do is awaken to that and then know it.

For More Information

For an explanation of personal-use and public-use MSIA materials, please see page 1.

"Knowing Your God Essence" (Public audio seminar #7391). Contains a loving demonstration of communication with the basic self.

"The Three Selves" (Personal-use audio seminar #1208). More information about the three levels of consciousness and how to work with them.

“So, Who’s Taking Care of Whom?” (SAT #7035). How the three selves work together.

“What Is the Spiritual Marriage?” (SAT #7596). Information about the spiritual “marriage” of the high self, conscious self, and basic self.

CHAPTER 4

INCARNATION

As long as a person identifies with anything other than his or her own beingness—the Soul—the person is in a state of incarnation.

A Soul's Journey

The concept of incarnation may be new to you. As a suggestion, you could read the information in this chapter and just remain neutral about it—neither disagreeing nor agreeing. It is what I have seen and experienced in the spiritual realms, and until you have the experience of these realms for yourself, you will not know for sure if it is really as I have described it. You could also entertain the possibility that the information is accurate and, if so, consider what that might imply to you in your life. No matter how you approach this, you are, as always, free to "take it or leave it."

The basic idea is that each of us is a divine Soul experiencing all of God's creation, which includes incarnating (embodying) on Earth. As a way of introducing an idea, here is a theoretical story of a Soul's experiences, told in very simplified, perhaps offbeat terms.

A Soul got bored one "day" and decided it would leave heaven, so it said to itself, "Thou art a rock." And sure enough, it was a rock. It found itself isolated (there weren't any other rocks around), and it couldn't move around very much. But this Soul was happy anyway because the nature of the Soul is joyful. The rock was heavier than anything else around it, so it kept sinking into denser areas until it came to the place called Earth. It settled down with a slight jolt and said, "Oh! I really am this rock." It didn't know what to do next, so it said, "I think I'll learn patience." It sat there for a long time, and

in the course of thousands of years, the rock slowly eroded and broke apart.

The Soul said, “That’s interesting. I’m freer now.” But it wasn’t really all that free because it had been absorbed into the land, and now it was being absorbed into a tree. That was a little better than being the rock; at least it could play in the sun and enjoy the breeze. It thought, “This is great. I’m really having a wonderful experience. I think I’ve learned patience being a rock. Now I think I’ll learn gradualness.”

So the Soul was part of the tree for a long time, until one day it decided to become the fruit on the tree. The fruit became ripe in its time, and it fell down and decayed. Then there appeared a worm that lived off the fruit, and soon the worm sprouted wings and discovered it could fly. The Soul said, “That’s pretty good. I’ve learned patience and gradualness, and now I just have to learn elevation.”

So the Soul flew around, and as it flew, a bird came along and absorbed it. The Soul said, “This is fine. Now I’m bigger and can fly higher.” But before long, an animal came along and consumed the bird. The animal couldn’t fly, but it could run very fast, so the Soul said, “I think I’ll learn mobility on the earth.”

The Soul discovered that the new form was strong, and it lived a long time in this form. Eventually, though, the form passed from the earth, and the Soul discovered itself in a new form, that of a human being. And through many lifetimes in human form, the Soul discovered that it had greater freedom than ever. It realized the reality of itself. It realized that it had always been a Soul and that it had had all these other experiences but had never really been any of them. It had always been just what it was: a Soul, a part of God.

When God awakened and moved upon Himself and breathed forward all the worlds, He did it for Himself, which is within each Soul. He did it for each one of

us to come into this experience and have happiness and joy beyond all imagining.

It also discovered that the strength of the Soul is far greater than the physical strength of the beast, and it found that its beingness is far more magnificent than the most magnificent earthly monarch. It discovered that its kingdom is neither on nor of the earth. So after many lifetimes, it said, "I don't belong here," and it just dropped that physical form and moved directly into the Soul realm, its home, where it was greeted regally. It entered royally and sat on the throne because it was the king of its own principality.

The reality of a Soul's evolvement is more complex, of course; perhaps this story conveys the essence of it.

Why Do Souls Incarnate?

In the beginning of time, God was in all places in an absolutely pure state, and in this purity, It was a void, without specific consciousness. God did not know Itself in Its greater beingness, so God instituted patterns of creation. It created universes, within which were what appeared to be solid objects (which we call planets) and less solid material (which we call space). All of it is God in God's different manifestations. God also instituted the plan that every part would know every other part, through experience. Thus the Soul, which is more directly the spark of God, was evolved and was given the opportunity to experience all levels, layers, planes, and realms of experience and being.

Before you came into embodiment, you intended to become more aware and to use this level to bring yourself into God consciousness, to leave this land of reflected Light and enter into the ultimate, and then to take the next step as it is presented to you, for you.

Soul can inhabit any form it wishes. Its reason for being, its "job," is to experience all it can on every level it can, thereby growing in awareness of its own divine nature. And the Soul that has experienced all is God, is one with God. But this experience of God is tremendously large and complex, so the Soul spends enormous amounts of time in its evolvement through the realms of experience back into the awareness and knowledge of its divine nature.

Incarnation in the Lower Realms

To recap the information in chapter 2, The Realms of Spirit, there are the lower (or "negative") realms, the positive realms of Spirit starting with the Soul realm, and the neutral, nameless realms of Spirit above those. The Soul has its home in the Soul realm and, in many ways, is a stranger to the lower realms; within the Soul is always the thrust to return to the realms of positive Spirit and above.

The Soul incarnates in the lower realms to gain the experience of those parts of God. It may incarnate in any of the lower realms, and it picks up the body (sheath) of the realm on which it incarnates. Each form is heavier and denser than the one before, and the physical form (physical body) is the densest.

The earth is one of those places where the Soul can get the most experience in the shortest period of time, so it chooses to come here as often as is necessary for the correct and useful experiences and to clean up incompletes from past existences. The Soul needs these experiences so it will know how to be an effective and efficient creator.

The physical realm is unique in that when a Soul incarnates on this level, it also has levels of consciousness that reflect the other lower realms: unconscious, mind, emotions, and imagination. As the Soul takes on these different aspects, which are all reflections of the

negative realms, it remains as the one positive aspect among all the negative aspects. (And, again, “negative” does not mean “bad.”) The Soul becomes the weakest part in the physical form because its job is to experience the lower realms through the physical form. This is what you, as the Soul that you truly are, are doing here on Earth: gaining experience.

Why Do We Come Here So Many Times?

As a human, a Soul starts by incarnating once onto the physical realm, into a physical form; any future times it comes here are more accurately called embodiments. If that first form could walk through its life here in perfect balance, creating only peace, love, and harmony, it might complete and free itself from this realm and earn the opportunity to continue its evolvement on higher realms. But when the Soul incarnates into a physical form, it is usually inexperienced in the ways of this world. The consciousness sees all the glamour, illusions, attractions, and pleasures of the world, and it gets sidetracked. But even though the Soul gets pulled into these things, they are all a part of its learning.

> *This earth experience is valuable for you because it is the garbage dump, and out of garbage you get compost, out of the compost you get fertility, out of fertility you get life, out of life you get awareness, out of awareness you get Soul recognition, out of Soul recognition you are recognized by Spirit, and in that recognition you become a co-creator with God.*

As the Soul goes through its life plan, it is apt to create imbalance. Then when the time comes for the physical body to die, there are often karmic situations that have not yet been cleared or balanced. Thus, the Soul, at a later time, embodies again onto the physical realm so that it can clear its debts, right the wrongs, and bring balance and harmony. But if the consciousness again gets caught up

in the illusions and the glamour, it may end up creating more karmic situations so that the Soul must again embody to clear them. And so on. (Karma is explained at length in the next chapter, Karma: Creation and Fulfillment.)

At some point, the consciousness will come into an understanding of this whole process; it will learn to be a responsible creator and to place its value and its concern on those things that are positive and spiritual in nature rather than on the materiality of this world. In this way, the consciousness begins its evolution back towards God, fulfills its karma from the past, stays free of accruing more karma, and liberates itself from this world. It is everyone's heritage—it is your heritage—to know the divine nature, to experience the joy, freedom, and perfection of the Soul.

Female and Male Polarity

The Soul, in itself, is both positive and negative and is complete in its energy pattern. But when it decides to come into a physical form, it orients itself more towards one or the other polarity—female or male. It may say, "I'm going to come onto the earth this time as a male." So the high self, which works with the Soul, will go to the repository of basic selves and get a basic self that will be able to bring a body into the correct form for this incarnation, and the basic self will begin to form the male body during gestation.

Although the Soul will embody into the form as a male expression at the time of birth, its energy is still complete within itself because the Soul is perfect and complete, beyond gender. But the polarity of the *body* may feel the need for the balance of the opposite polarity, and so it will seek a mate, a companion, someone with whom it can exchange energy and feel complete.

The male form expresses primarily a positive polarity; the female expresses primarily a negative polarity. These polarities are neither good nor bad but are like the negative and positive poles of a battery. When male and female polarities come together in the

sexual encounter, the energies are exchanged; in essence, the "battery" is charged.

When you recognize that the Soul is perfect and complete, you have found your "Soul mate." The *Soul* does not look for a mate because it is perfect. It is the lower levels of consciousness that look for a mate, that seek to complete themselves. When you recognize that you are complete, then you will have no need for the boundaries of this world, and this is what is often called self-realization. It is freedom.

When Were Souls Created?

All Souls were created at one "time." Souls have always been, but they have chosen different occasions to incarnate on this planet and gain their experiences. So each Soul is not equal in its progression and development, even though all are equal in the higher reality. Also, the time patterns between embodiments may vary, and there is no average time between embodiments. So, although all Souls were created simultaneously, one may have experienced more than another. One person may be experiencing his or her fiftieth lifetime here while another may be experiencing the hundred and ninety-fifth. That will make a considerable difference in each one's awareness of Spirit and in each one's expression.

Because the Soul has little concern about time or space, it is unconcerned with the trials of the physical, emotional, or mental levels. It moves into the physical body, inhabits it, and has a wonderful time doing the divine dance of God. In the midst of your personality trivialities, the Soul is laughing.

Races on the Earth

Over the eons of time on the planet, there have been many races of people. Right now, the white race is the dominant race ("dominant" does not mean "better"), but this has not always been the case. Each race is a different experience, a different consciousness. It is all one spiritually, but there is a separate consciousness within each race. You may not acquire the experience to know all of God in all Its dominion unless you incarnate through all cycles. You may reembody as a red person one lifetime and learn it and never need to come back into that consciousness, or you may come in one lifetime as a black, brown, white, or yellow person and learn it and never need to come back in that consciousness. It would be rare, however, to complete those experiences in one lifetime. When you get down here on the planet in all the levels of karmic fulfillment, it becomes difficult to fulfill all conditions in one lifetime.

If you want release from incarnation patterns, start assuming responsibility immediately, in this moment.

Your Decisions Before Incarnation

As I said in the previous chapter, before you—the Soul—incarnate on the planet, you are in consciousness on some other realm; you are living another existence. But, for whatever reason, it becomes time for you to incarnate on the physical realm. Keep in mind that it is the nature of the Soul to experience all levels and conditions of God. Thus, the earth experience is part of the Soul's evolution into the greater consciousness of God.

Before you incarnate or reembody, you (as the Soul) meet with the high self and the Karmic Board, karmic counselors or masters who have access to the Akashic Records, where everything you (the Soul) have ever done is recorded. You all meet to plan your life on

the planet within high degrees of possibility and probability. At this time of planning, you choose such things as your parents, the talents and abilities you will have, the challenges and situations you need to face, and so on. You choose those things that you and the karmic counselors decide will be best for you to further your spiritual progression. And that is a big key to understanding this life: you choose it all. You also set up the situations that will bring you together with people in relationships that will give you the opportunity to fulfill karmic debts from your past existences. Then a basic self is chosen that can carry out this pattern.

All this is usually done many years ahead of your incarnation unless you are on a "speed-up" plan. It is interesting that a lot of the young people who were in the "hippie" movement in the 1960s were in World War II. They resented that war very much, and they were not about to go into a war again. They would tell you about war and the horrors of it because it was fresh in their conscious memory.

Conception, Gestation, and Birth

Within twenty-four hours after conception, the basic self will come in and start making the body of the child in the mother's womb, pulling together the essences from the chromosomes and genetic formation. Though it may seem to be random choice, it really is not; it is done through the spiritual essence. The chromosomes are brought together in the correct way, based on all the karmic paths physically, mentally, emotionally, spiritually, sexually, financially, and so on. It is all written through here.

During gestation, as early as from a month or two, but usually around the seventh month of pregnancy, the Soul, high self, and conscious self will hover around the mother, and she may feel their presence with her. During this time, however, the basic self has total jurisdiction over the body of the fetus. It can abort the fetus or cause a miscarriage if it feels incompatible, if, for example, some newly created condition by the parents (particularly the mother) alters the

original plan. If the basic self is to have the experience just through gestation, the baby can be stillborn.

At the time the body comes into the world, the Soul breathes into it, and the Soul and the conscious self enter the body. The first breath of life is infused with what we call the Soul. This is the divine spark that comes into this temporal image that we are going to walk around with. At that point, the high self will usually anchor right nearby, hovering around the body.

The Soul usually comes into the body at birth, though it will sometimes come in only partly and hover nearby. In some cases, it might not come into the body until it is six or seven years of age. But it would be nearby, and the basic self would be handling the things of the body and doing all the things that are necessary.

As you begin the inner journey, you will find that you are the only one who can decide what is right for you. You become responsible for yourself and to yourself, and to no others.

Free Will and Free Choice

You might say, "Well, I don't have much choice, do I?" Before incarnation you have *free will* and you exercise it; after you incarnate, you have *free choice*. Before you incarnate, you freely set up many possibilities; after you incarnate, you choose which of the possibilities you wish to follow. You are making all your choices before you come in, and then you unfold them. You discover as you go along what the path is. But there are a lot of alternate choices if you get off the path, and before you incarnated, you saw ahead to those choices, too.

It is very complex and complicated to lay out all the variables that you can possibly enter into in your lifetime, so complex that a computer would probably be inadequate to do what can be done by

the masters of the Karmic Board who know, down to the most minute detail, what has happened through all of your existences. They sit with you, and then they sit with the Souls of your potential parents and family, and these patterns of your existence are worked out through many generations.

Here is an example of how this could work: within your karmic pattern, the counselors may set up actions whereby you work with the pattern of patience. In a former situation, you may have been very impatient with people and cut them off short, possibly by way of their heads. Because you created this action, you are going to have to enter into situations where you will not necessarily lose your head physically, but you will be experiencing impatience and "losing your head" in other ways, maybe through emotions or temper. The action may be symbolic rather than physical. You will enter into these situations to learn to become patient.

It may be set up so that the one person who keys off this impatience pattern for you is someone from a previous lifetime who was a receiver of your action. Perhaps, for example, he will be your father this time. Before you embody, you agree to the action and the conditions because it is fair that he gets the chance to balance the action. In situations of this sort, it is even possible that when the child incarnates, the father will see the child and experience a recall (not often on the conscious level) of the past life and kill the child. This has happened, although it usually does not happen because the father will generally give the child the opportunity to balance and fulfill the action.

These opportunities are so perfect. If you ever do something that is inflicting on another and play the little mental game of, "Oh, nobody knows; I can get away with it," think again. You are not getting away with anything. The Soul records it all and holds itself responsible for it all, in perfection, justice, and great love.

Past Lives

The basic reason people usually do not remember their past lives is lack of awareness. Also, when human beings leave the body—die from the physical plane—they often do so in situations that are fearful for one reason or another. Their cry, at the moment of death, may have been, "Oh, God, I don't want to die. *I don't want to die!"* And they have hung on to the physical body and died terror-stricken. If they were later to have knowledge of their past lives, they would also have knowledge of their past deaths that were unpleasant and fearful, and, as human beings, we will attempt to conceal the trauma, so we block the memories.

Psychiatry, psychology, primal therapy, deep-massage techniques, and so on are all designed to get at the old traumas and release them. They are "screaming" the cell levels loose. But it does not have to be done that way. All you really have to do is start living *now*, start taking care of *now*, and let the past traumas drop away. It can be done that way, and your attitude is the key. If you think that screaming will release the past trauma, then there is a good chance that it will. But if you think that just blessing the past with love and focusing all your energies on the *now* will release the traumas, then there is a good chance that it will work.

The key to breaking free is to love yourself and to love each experience that comes to you, whether it appears to be negative or positive. Love it all equally.

I rarely tell people about their past lives because the specifics really do not matter all that much to you in this life. What matters much more is that you focus on *now* and on taking care of what is up in your life *now*. When you do that, the past—of this life and of former existences—gets handled as well.

Another reason I usually do not comment on past lives is that if a person knows about a past life, they can sometimes hang on to it, perhaps because they romanticize it, judge it and what they did in it, or think it gives them an excuse for why things are as they are in

their current life. Their consciousness can get trapped in that past existence, but it is *past*. It is not a very useful way to live, either physically or spiritually.

Ending the Incarnation Cycle

Reincarnation is not negative, as a lot of people would like to believe. It is a very positive, progressive philosophy: if you don't make it now, you get another chance. What could be better than that? Still, though, MSIA does not teach reincarnation. We teach Soul Transcendence and getting off the planet.

> *It takes great courage to see the face of God. The face of God lies on the other side of all the illusions of the physical, imaginative, emotional, mental, and unconscious worlds. The way to the other side is through all of that. With the grace of the Traveler, you can tap into the consciousness of the Soul and use that higher perspective to guide your way so that you do not get trapped once again in the highways and byways of the lower worlds*.

Everyone, whether they realize it or not, is working for awareness of the inner consciousness, seeking first the Kingdom of God within and then seeking God in the outer reality. And everybody wants to reach heaven. But if you were told you were going to die in two weeks, you would probably say, "Oh, God, no. I don't want to die. I want to stay in this misery." And with that attitude you will, either now or later. You must be extremely careful about how you place things towards yourself because, being a creator and having the divine essence within you, you will be held responsible, and that which you create will be returned to you.

It is natural for the Soul to incarnate onto the physical plane to gain experience, but it is the action of karma—the creation and the releasing of karma— that perpetuates the action of reembodiment. Many people have lived hundreds of lives on Earth and are still

attempting to gain an understanding of karma so they can release themselves from the cycle of incarnation, realize the freedom of their Soul, transcend this realm, and know the higher realms. Through the teachings of the Movement of Spiritual Inner Awareness, you can end the incarnation cycle.

These lower levels can be full of errors, frustrations, and mistakes. They're designed that way. They're designed to refine your level of awareness so you can discover more completely who you are.

Q&A About Incarnation

Q: If we have a Soul inside of us that is perfect and if we started off perfect before we came here to this planet, why do we have to go through this "hell," so that we can go through these experiences, so that we can progress, so that we can go back and be perfect?

A: The Soul's being perfect does not equate to the Soul's being experienced. If being here were based upon the Soul's perfection, then the Soul would not be here to start with. But the Soul's job is to gain experience, and one of the ways it can do that is by coming here. The Soul is to gain experience and to become a co-creator with God. Perfection does not necessarily know how to create. It is a *being* state. It also does not necessarily know right-wrong configurations; it sees these situations only as a perfection in the whole.

Q: Some people talk about getting off the wheel of 84 when they mean they want to stop incarnating. What is "the wheel of 84"?

A: A *lakh* is 1,000 years. In ancient Indian religions, it was said that it took 84 *lakhs* (or 84,000 years) to progress into God

consciousness. Hence, “the wheel of 84.”

Q: When you talk about “making it,” does this mean the Soul gets off the planet, and the basic self, conscious self, and high self still come back?

A: When we talk about making it off the planet, we’re talking about the Soul’s having gained its experiences and not needing to incarnate here again. The high self and the basic self go to the repositories for high selves and basic selves, and they hold there until they are called forward again to fulfill a certain karmic plan for another Soul. Then they are drawn forward again with all the “positive” and “negative” attributes, as we would term them; within themselves, however, all attributes are positive.

Q: What happens in the repository for basic selves?

A: When the basic self leaves a physical body and goes back to the repository of basic selves, it goes through a cleansing action. And then it is refortified to the jobs of the basic self.

When a basic self learns its lessons, it can then move into being a conscious self and then into being a high self. All its positive attributes move into the Soul. Eventually, all positive attributes will be here, and they will be in the Soul consciousness. The Soul then has great experience.

Q: The conscious self that I have now—was it somebody else’s conscious self in another lifetime?

A: It could have been but might not have been. Some people incarnate all the way right through their own birth pattern, like they are their own great-great-great-great-great-great-grandfather, and they just keep incarnating back in their own line. That’s not unusual at all. We find this especially with Oriental people because of their reverence for ancestors. It is where they place their consciousness, and they may continually incarnate back in the same line.

Q: When you reembody, do you always come in with the same basic self and high self?

A: No, it would be a waste of time to come in with the same ones. You come in with diverse basic and high selves, in order that the Soul can experience more things.

Q: Why is there such a focus in the MSIA teachings on getting off the planet when we would not be here if this planet were not our perfect learning ground?

A: The planet *is* the perfect learning ground, and there are much nicer places to be than this planet. After the lessons of this planet are learned, the Soul then goes to other realms of consciousness. Ultimately, a Soul will know itself fully as being one with the Supreme God, and the Soul's final state is to become a co-creator in the oneness of it all. Rarely does that occur when a person is in a physical body.

Life really is just humor at its funniest state. Sometimes it gets so funny you can even laugh. And there is no need to substitute crying for laughing.

Q: I have the sense that I didn't want to be here in a physical body or wasn't ready and that I hold a grudge towards God because I'm here.

A: When a Soul incarnates here, it is because the Soul decided to do this beforehand, in the Spirit world. On the spiritual levels, this decision often looks easy—like, "of course"—and it can look hard or dumb from the limited perspective of this physical planet.

There can also be a memory of the clarity and connection that's in the Spirit, and if it is not as evident to the consciousness, anger can be turned towards God. The anger is misplaced, however, since it was the Soul itself that freely made the decision to come here. The anger can usually be resolved when the misunderstandings are released and forgiven.

Q: If we do have to reembody, when will we reach the point at which we can be with God without separating from Him in any way?

A: It happens at any time in Spirit.

If you stay within the teachings and the consciousness of the Traveler, you can be free of the cycle of return this lifetime. Everyone will get off this cycle eventually. Everyone will make it. Don't worry about it; don't be concerned. Spirit is not worried. Your Soul is not worried. It knows the perfection. It sees it already accomplished. All you have to do is walk the body and the consciousness through the steps of the process.

Q: Can any one individual Soul return to God when it is ready, or do we all have to wait until all Souls are ready, so all Souls return together? If we are all one, can any individual return without the others returning as well?

A: An individual Soul can return to God when it is ready, but the whole (rather gigantic) action won't be complete until all Souls return to God. The Soul has no problem with this. Its perspective is that it is getting experiences, and it does not perceive itself as separate from God, so there is not the anguish of separation that the personality and ego can sometimes feel.

Q: What is the Soul, and what is Spirit?

A: Soul is eternal throughout all of existence. Spirit is the essence that pervades.

Q: Then what is the difference between God and Spirit?

A: As an analogy, Spirit is everything in a room you *can't* see, and God is everything in the room you *can* see. There is a difference. Everything that is manifested (that which we can see) comes from that which we cannot see.

The great invisible Spirit God issued forth God as a first-form manifestation for these creations. So what you actually have is God in a huge extension that comes down and finally shows Itself.

Anyone who is residing in the power of love is never destroyed, never separated, always free, always up, always growing.

Q: So I am an extension of God.

A: Absolutely. Unquestionably, that is so. But you're like the small drop in the ocean compared to all the other drops in the ocean, so you can't do an ego trip. But, still, you are part of it, and every part makes up the whole.

That's why not one Soul will be lost—because God reclaims all of Itself to Itself. But since It only deals in creativity, not in time, there are no time elements on us. It is when we feel the yearning of the Soul that we turn towards God and start to move our journey that way. Once the Soul separates from the mind, we see the effulgent beauty of our whole beingness, and we're homesick until we rush into the very center of God. At that point, depending upon our experiences, either we lose identification or we retain identity and become a Lord God Creator over the dimensions.

Your job is to experience. That's all you have to do. It is in the loving *of your experience, the* loving *of your expression, that you discover the inner joy, the bliss that is your indication of the presence of the Traveler*.

For More Information

For an explanation of personal-use and public-use MSIA materials, please see page 1.

“States of Evolvement” (Personal-use audio seminar #2567). Learning on the planet and evolving into Spirit.

The Journey of a Soul (Paperbound book, ISBN: 978-1-893020-13-9). Information on incarnation. Much of the material in this chapter comes from this early book by J-R.

CHAPTER 5

Karma: Creation and Fulfillment

The law of karma, taken beyond the context of a single life, is the foundation for reincarnation. Often, the imbalances that you have created in your life through abuse and misuse of many aspects of your consciousness cannot be balanced in one lifetime. So the consciousness returns to this physical level to fulfill the debts incurred and balance the action. The law of karma is a just and perfect system and ensures that those who evolve into Soul consciousness have a deep and true knowledge of all levels of consciousness.

Human beings are an extension of God and, as such, they have certain attributes in common with God. One is the power of creation. Part of our experience on the physical plane is to become a consciously aware and responsible creator and to create those things which are positive in nature. We create by our emotions, thoughts, words, and actions. We can create misery, hurt, fear, revenge, etc., or we can create happiness, harmony, confidence, peace, and joy. And each of us makes these choices many times each day.

How Do We Create Karma?

Karma is the law of cause and effect: as you sow, so you reap. Simply stated, what you put out, you get back. People usually use the word *karma* to refer to something that is difficult or upsetting, but there is also good karma. It is good karma, for example, for a person to study spiritually with the Mystical Traveler. For now, though, I will talk about karma as an imbalance from one time that still needs to be cleared or balanced.

There is often a comparatively large time gap between the instigation of an action and its result, between the cause and the

effect. This is one reason it is difficult for people to recognize the relationship between the cause and the effect. If you steal a car and go joy-riding when you are sixteen, and twenty years later a bunch of kids steal your brand-new Cadillac and wreck it, it may be difficult for you to see the connection. But it is there. It is just your action being returned to you.

This also applies from one existence to another existence. When you consider that your Soul has probably had many, many physical and nonphysical existences prior to this one, you can probably imagine that there would be quite a bit of karma that would need to be cleared and that the time lag between the cause and the effect may be lost in the mists of time. But it is safe for you to assume that almost everything you have in this lifetime is connected in some way to your experiences in past existences. Sometimes the connection is big and obvious, and other times, it is subtle. But it really does not matter a whole lot if something is "karmic" or not because you still need to handle the situation in this life.

Karma can be created in several ways and through seemingly infinite situations. Basically, karma is accrued by transgressing your own consciousness or the divine consciousness in another person. Any action, emotion, thought, or word that is put forth in an out-of-balance way may cause karma. For example, if you become angry and strike your child, that may very well create a karmic situation. Later you may apologize, which clears the karmic action. But if the child has done something it should not do, "spanking" may be the way that you make the child become aware of and understand its error. (I am not talking about *beating* the child.) And if you spank the child in love and discipline, not out of anger, you have created no karma, nor will you feel it necessary to apologize. You are merely helping the child to learn. Attitude, as this example shows, can make a big difference in whether or not you create karma.

Don't be shocked at or condemn yourself over how unaware you've been for years. When the veil is parted and you see spiritually, you may see many of the imbalances you've created. As a result, you could enter into condemnation unless you keep the spiritual door open and continually receive the flow of grace, the divine consciousness. When you can do that, you may clear all those past imbalances.

You can bring many karmic situations to yourself through misuse of your emotional nature. (You might think that if this is so, you will have karma the rest of your life. You may, but you will be a day older whether you work to clear your karma or not, so you might as well work on it.) If you feel anger, if you feel hate, if you desire revenge, if you feel guilt or any of the other negative emotions, you bring karma to yourself. If you bring it in and hold on to it, you will be held accountable for it.

The Soul is perfect; the personality is imperfect. But since the Soul has contracted to experience the physical realm with a particular personality and consciousness, it will reembody to fulfill the karmic situations accrued by the personality. The personality usually brings about karma through overindulgence. When you get so angry that you are out of control, when you continually get so emotionally upset that you cannot control your tears and your sobs, when you get so drunk that you cannot remember or control what you do, when you get so "spaced out" on drugs that you are not in control-these situations bring karma to you. And, probably more than any other single thing, the guilt you feel after these overindulgences will bring karma to you.

Don't sit in judgment of your own lack of awareness or anyone else's. The action of judging demonstrates lack of awareness.

If you cheat on your spouse, that may bring a karmic situation, but it might be relatively easy to clear and balance. But if you also feel guilty about this, you can lock that karma to yourself for a

lifetime or longer. If you have a child and give that child up for adoption, that may be a clear action, and you may accrue no karma from doing it. But if you feel that you should not have done it—if you feel guilty-you can make it a karmic situation. If you become pregnant and decide to have an abortion, that decision and situation may be free of karma. But if you feel guilt and remorse and beat yourself up emotionally and mentally because of the action, you can produce a karmic situation. It is very much a question of attitude.

There are many, many experiences on this realm. Most of them are not inherently "good" or "bad," but the attitude with which they are carried out may very well create a value judgment, which, if the judgment is "bad," may create guilt, and that, in turn, will create karma. In fact, the biggest thing that builds karma is guilt. If we do something and we have a second thought-"I wonder if I should have done that"-we have karma. It is important to watch the attitude and keep it as neutral as possible. (See chapter 18, The Importance of Attitude, for more on this.)

Balancing Karma

The idea of creating and fulfilling karma is incredibly complex. There are many, many planes and levels on which to create and fulfill karma. If you multiply all of those by all of the situations, relationships, and attitudes that can create and fulfill karma, you have what appear to be infinite possibilities. And you have to learn to recognize-and then bypass- every one.

Many times, karmic situations are both created and fulfilled in one lifetime. Say, for example, that a man marries a woman with whom he is very much in love. He thinks she is the greatest woman in the world, gives her everything, and treats her like a princess, and then he finds out that she is unfaithful to him. Her unfaithfulness causes him tremendous anguish and pain, and the marriage eventually ends in divorce. Several years later, she marries again. She is very much in love with her new husband and thinks he is the greatest guy in the world, and then she finds out after a while

that he is being unfaithful to her. She is getting the opportunity to experience what she caused to be experienced. In the first marriage she was the cause; in the second, the effect. Really, though it might not seem so, she is lucky because she is getting to balance the karma this lifetime. If it was not balanced this time, it would be balanced during another lifetime because nothing is overlooked.

As another example, if, through deceit and lies, you caused someone to go to jail unjustly, you may find yourself at some future point imprisoned for a crime that you did not commit. If you then accept what is happening and learn all you can from the experience, you will balance and clear the karmic debt. But if you go into hate, anger, and revenge, you will perpetuate your karma and get to experience it again and again until you learn to bring yourself into balance with it. You might not experience imprisonment as a physical prison experience, but perhaps you might find yourself "trapped" in a job you cannot stand and unable, for some reason, to change that situation. You might find yourself "trapped" in a family situation or in a marriage. There are a lot of ways to be imprisoned.

When something happens that appears to hurt you, rather than resisting it and pushing it away, you will embrace it. You will expand your consciousness to encompass the changes and the new situation and to find what new freedoms are available to you.

When you begin to understand karma, you can begin to realize that some actions that appear to be "bad" may be actions of fulfilling karma and, therefore, right and proper within that framework. For example, in a previous lifetime, a mother abandons her child and leaves it in the hands of people who do not really care for the child. Because the mother refused to accept and handle her responsibility for the child, the child grew up unloved, abused, misused, and leading a very unhappy, embittered life. The child reembodies at some point, grows up, and has a child of her own,

who happens to be her mother from the previous life. She may feel no love for her baby and may abandon it, giving it the opportunity to have the same experience and learn what it is like to be abandoned and unloved. People who observe this might be apt to judge this mother for abandoning the child, when she is actually only fulfilling the karma and bringing to the other consciousness the experience that is necessary to free it from the karma it had created in that other lifetime. So unless you can read the karmic records and see what is within each person's heart, it is best not to judge actions that appear to be unusual or cruel. It may be an action fulfilling a karmic debt.

Let's look at another situation. Suppose one of the karmic things that you have brought forward to work out is getting too emotionally involved with your loved one. When you love someone (let's say it is a man), you may want to breathe his air for him, help him digest his food, and make sure that his heart beats just right and that the blood circulates in just the right places. You often see this type of love in the love of mothers and fathers for their children. They want everything to be so perfect for their children that they try to protect them from life itself, but it cannot be done. As much as you love people and try to bring their lives under your control, it just cannot be done.

If you feel that someone is not living their life the way you would like them to, you can feel hurt and rejected and can start going into emotional patterns. You do not intellectualize; you may think you do, but you do not. You then add emotions to the thoughts. You mess up your thinking and circle your thoughts around. You send out thoughts of hurt, frustration, and bitterness, and it becomes self-pity time: "Woe is me. I feel so sorry for me. They don't understand. They hurt me. They don't do what I want them to do, what I need them to do."

These thoughts come out emotionally charged, and then they come right back around and hit you in the stomach. You will often feel your energy drain off as you feel this rejection. You may push the feeling of rejection down to the creative center, and then when

your loved one wants to come close and make love with you, you say, “No way! Now, how do you like feeling rejected?” So you deny them and produce a karmic situation. But the karmic situation is produced from the dishonesty and the deceit accompanying the action, not necessarily by the action itself. An honest approach would be to say, “Look, today you said something that hurt my feelings, and I really felt rejected and upset. So it is going to be very difficult for me to make love with you and feel good about it.”

Your partner will probably say, “Wow, what did I say that hurt your feelings?”

You might say, “It was that comment about me being overweight.”

And your partner may say, “Honey, I was just kidding. I was teasing. I didn’t mean anything. But, you know, I’ve been putting on some weight lately, so maybe we could both start watching our diet a little more.” This is being honest and communicating. This is clearing the air.

These things are very important. Most of our karmas deal with communication one way or another-too much or too little. If you communicate honestly and keep the air clear between you and the people you live and work with, you will probably be staying pretty free of accruing karma. It is when you let the little hurts, resentments, injustices, and irritations build up that you are creating karma.

Sharing Karma

Many times people come together in a marriage or in a family to help one another work through karmic situations, but you actually have karma only with yourself, not necessarily with other people. Other people usually come into the situation only to give you the opportunity to handle your own karma; they fit within your karmic flow. If they flow into it the way you like it, you call that “good karma.” If they fit into it in ways that you do not like, you call it

“bad karma.” But the karma is not actually good or bad. The karma just is.

In family situations, karma can become so involved that we often say families share karma. For example, a young man and woman may get married in a situation where she has (before their marriage) run up large bills at various department stores aroundbn town. Before the marriage, the man is not connected to that action in any way at all. After the marriage, he is responsible for those debts. He shares her financial karma, and the law may hold him liable for payment. That is an obvious example, and most are far more subtle.

If you get married, almost 100 percent of the karma is affected, and you can take on the karma of your spouse. If you are almost free of karma and you get a spouse who is loaded with it, then you have said that “we are one,” and you get it. Then if the child that comes through you happens to be a real “whoop-de-do,” you have quite a household going. So what does this tell you? That you cannot go on stupidly blundering through your life. If you are going to get married, marry somebody who is pretty close to your same evolvement.

Many people seem to have relatively few problems before marriage, but when they get married they seem to have quite a lot of problems and difficult situations for a while. Then everything settles down and seems all right again. It takes time for both partners to adjust to new karmic situations, and once they do, everything seems calmer again. So the family learns to work together and support each other through the times of trouble. If they get good at working with each other, they can actually work through karma more quickly because they will have more love to support them.

To be spiritual is just to be, to allow other people freedom, to take freedom for yourself, to neither inflict nor allow infliction, and to remove yourself by your own

authority from a situation that is incompatible by saying, "I'm not part of that."

People sometimes wonder if their karma in a certain situation or with certain people is over. You will probably know if it is complete if there is a neutrality or "clearness" about the situation or person inside of you. To handle any karma, no matter the area or person, be loving and forgiving.

Cycles of Karma

There will probably be times in your life when there will be more karmic situations to handle than other times; this is just how it works. Every life has cycles and changes that come with the cycles. When there are times of heavy changes, it seems that there are many situations to handle, and it can take much endurance to go through a karmic flow gracefully and with completeness. At other times, there appears to be more of a plateau, where things move along easily, without apparent turmoil. Both times may be right and proper and normal. It is important to learn to accept and work with whatever is going on, without placing out too much in the way of judgments or self-recriminations. When you accept, it is easy because accepting is not resisting; it is letting things pass through and saying, "Thank you, Lord, for another wonderful day." When you can do this, it becomes so much easier to break the karma free.

Handling karmic situations is like playing jacks. You have your hands full of jacks, and you can toss them out and decide which game you want to play. You can play any game you want, but you have to pick up the jacks. You can pick them up one at a time, and that is easy. Almost everybody can do "onesies," although it may take a long time to pick them up. But you never try for "allsies" until you have accomplished onesies, twosies, threesies, and so on. Then, when you have done all the easy ones, you have to go on to something more complicated, like "put them in the basket." You bring forward a little different skill, which tunes you up a little

more, and when you have mastered that, you go on to something like “over the fence,” and you learn to master that.

Children’s games can be a lesson for us. Life is very much like a game. It *is* “for keeps,” but keep it a game. If you land in the wrong square, you “go to jail,” and you stay there until you can get a hundred dollars. Then you can get out, go back to “GO,” and start all over again. But the trick is to know when you are through with the game; then you can put it away and go on to something else. In other words, the trick is not to get so caught up in the game that you think you *are* the game. You are not the game. You are much more than the game. You are much more than your present karmic situation. You are much more than the personality you express this lifetime. It is just something you play out until you are finished with it. Then you let it go, release it, quit playing, and the karma is released.

A Karmic Flow

In the last section, I mentioned a karmic flow. Being in a karmic flow is not an easy situation to handle. It may not seem like it, but starting one is a matter of choice. Sometimes you hold on to something that is not for your highest good, even after getting feedback about that. The way it can often start is that you are already tied to the situation karmically, making it difficult to get out of-but not impossible.

People who are oriented towards listening to their feelings can sometimes have the most difficulty with this, as they are accustomed to listening to and following their feelings for a sense of what is right for them. The feelings can be a vehicle for intuition and spiritual guidance. However, when the emotions get attached and involved with someone or something, they can create so much static that you may not be able to hear the quiet of your inner wisdom.

You have the opportunity to change the karmic flow of your life through your ability to be loving. By loving the God in yourself and others, you can move into a path of greater unfoldment. Instead of looking at the factors of your life and saying, "That's my karma, so I can't help it," you might say, "That's my karma, and I will fulfill it so I am free." You don't have to blame your life's difficulties on karma. Through loving, you can complete your karma.

People who are oriented to the mind can also run into difficulties. They may have developed great mental clarity, which can become clouded when attachments or desires are involved.

The problem usually comes down to the level of attachment you have to a situation or person. Sometimes you just want someone or something so badly that you will use all your inner and outer resources to support you in getting it/them. If you put things into the Light and then hold on like crazy to what it is you want, then when the Light comes in, it throws up the negativity or attachment, and you with it. It is in your attachment that you open the karmic flow.

Are You Creating or Fulfilling Karma?

Sometimes, a situation that is fulfilling and clearing karma may appear very similar to a situation that is creating more karma, but there is a difference. If you experience a situation that really shakes you up and you are upset and doubtful about what is actually happening, you may still be growing and moving right along your spiritual path. The best way to determine if this is so is to look for that little feeling of joy somewhere inside, even through the upset, pain, and anguish. If there is still a part of you that says, "It's okay because I'm learning and growing," then you are probably clearing a karmic situation.

You do not have to be concerned about yourself. All things are already being taken care of. The true self is moving you forward on your divine destiny. You do not have to look at your past actions.

There may be other times when you are shaken and upset, and you will know you are not growing or learning. At these times, you are probably not releasing or clearing karma; you are just going through things that you have promoted, and to your original upset, you may add the judgment of being disturbed and upset with yourself for creating the situation. Then you will get to handle that later. Even if you are involved in a situation that is not a karmic release, do not judge yourself, do not put yourself down. Just go through it, get out the other side as rapidly as possible, and go on. Do not look back; it does not help. Do not burden yourself down with guilt and remorse that you are going to have to handle later. Just let it go.

When a situation is a karmic release, you will feel, within all your nervous irritation, a calmness; in all of your imbalance, you will feel a balance. This is not double-talk but is more of a description of what is happening on two levels of your consciousness. One level is ranting, raving, and screaming, and the other level is saying, "Go ahead, get it out of your system so you can move on. You let it build up; now clear the air. Put everything right while you have the chance. Finish it up so we can move ahead."

Karma is the inability to change an action or to act differently.

The Importance of Clearing Things

There is karma on every realm below the Soul realm because those are the negative, psychicmaterial realms, and as long as you are living in any of the lower realms, you have some karma. If you had no more karma, you would leave the lower realms and be established on the Soul realm or higher, and only when you get in the Soul realm and above do you stand free in your own Light.

We also have karma related to our levels of consciousness. Emotional karma is emotional reaction, where you react emotionally to a person's body or expression, the weather, your boss, the traffic on the freeway, the state of the world-anything. To deal with emotional karma, you learn how not to react emotionally, and the first step is to observe.

Mental karma is going over and over and over the same thing in your mind. To break it, you stop that repetitive thinking, just stop it. Getting up and moving can help. So can doing spiritual exercises.

Etheric karma is unconscious, subconscious karma and is the most difficult to break because, by definition, it is not conscious. We create etheric karma by repressing things, by obsessing, and by being "possessed" by such things as smoking, alcohol, and food. Doing free-form writing is especially helpful for clearing this kind of karma. (See Appendix 1 for an explanation of free-form writing.)

This life is very easy. Do and complete, do and complete, do and complete, do and complete— no karma. Say you're going to do and then not do—karma. Start to do and then not finish— more karma. Feel bad about all that-more karma. It's obvious we've got more karmas than we've got completions.

Even though you have karma, you can keep your own house in order, taking care of things immediately as they appear on the scene. When something happens that really disturbs you, get up instantly and release it. If it is with another person, go to that other person and clear it. If it is something within you, go to work with yourself to change it and bring it into balance so that you are happy

and comfortable with yourself. If it is on the job, talk to your boss and get it cleared, or look for another job. If you learn from the disturbance, you will be free of it. If you do not learn, the experience will very probably come around again and again, to give you a chance to clear it and get free.

Clearings can be very important, especially if you have let irritations and misunderstandings build up within your consciousness. You must be free to reach into the spiritual realms and into God consciousness. You cannot be restricted by resentment over how your boss treated you a year and a half ago or last week. You cannot be restricted by the remark your husband made about the dress you made. These things must be cleared and balanced. You can do it two ways. You can go to the person with whom you had the misunderstanding and talk to that person about it, tell the person how you felt, communicate honestly and openly, and clear the air that way. Or you can simply release it within your own consciousness-just let it go, place no more energy out that way, place no more concern with it, and move it out of your consciousness. Either way will work.

You certainly can release yourself from past actions through laughter. Even in your daily life, if you can laugh instead of taking umbrage at some of the things that people say or do, you are already free at that moment, and the situation can't hang on you.

An attitude that will help is to realize that people are doing the very best they can all the time, considering what they are working with and where they are. If your boss yells at you, maybe you should not take it personally. Maybe he and his wife had a big fight the night before and she threw him out of the house. Maybe you remind him of someone that he has had a difficult time with in the past, and some part of his consciousness is expecting the same situation. Maybe you and he have a karmic relationship where the

job of each of you is to learn communication and love in relation to the other. There are so many possibilities. There is also very little use in trying to figure out exactly which possibility applies, but you might assume that there is a reason for his behavior, that it is important to overcome the block (whatever it is), that it is important not to create a bigger block by putting out resentment, resistance, and emotions, and that with honest communication you can recognize where he is coming from, gain an understanding of his motivations, and come into a position of empathy and love.

The spiritual energy will flow naturally to the areas within you that are most "asleep." It will move to the next layer or level that needs to be awakened and brought into a greater level of awareness. Be patient with yourself in that process. Allow Spirit to do Its work without hampering It by making judgments and beating yourself up.

When you reach into a higher consciousness, you come to the realization that we are all one Spirit in many different manifestations. So if you strike against anyone, you strike against yourself, and that action returns to you. If you curse someone, that curse returns to you-maybe this lifetime, maybe a future lifetime, but it returns. What you put out is returned to you. You might want to look very carefully at the actions, the words, the thoughts, and the emotions that you put out, to make sure that they are the kind of things that you would want returned to you.

We are responsible for our actions *all* the time, and, at the same time, there is no need to get hung up in past deeds. Awakening to Spirit involves paying attention to what you are doing in the moment, not judging your actions, and doing the best you can at the time. If you have memory of negative past actions, you can forgive yourself for them and for any judgments against yourself, and then be careful not to move into those areas where you know you might get into trouble again. If you do not have memory of the past-and

even if you do-just love yourself in the present and be willing to move through your life in the knowledge that those things that are right and proper will occur.

When you're working directly with the Traveler, you have the opportunity to clear the karma not only of this life but of previous times, to finish up in this lifetime and walk free. It's a great opportunity and a great blessing. As you walk through the karma, however, it can appear to be very strange. Your challenge is to maintain the focus of Spirit, Light, and Sound, and just keep moving steadily forward in that direction, no matter what is happening around you.

Working Out Karma on Other Levels

You may work out karma on the astral realm if there is some reason that it cannot be worked out here on the physical. This might be done in the dream state, and you would bring back the memory of it as though it were a dream. Or it could take place in an awake state.

Let me give you an example. Once I was talking to a male medical doctor who related to me a very interesting experience. He told me that he had recently delivered twins. I said, "Well, so what? That's your job."

He said, "No, I don't mean that I delivered a woman of twins. I had twins." I asked him to explain more, since that sounded like a medical phenomenon, to say the least. He told me that a woman who had been a patient of his for some time had become pregnant. About the time she was three or four months pregnant, she and her family moved away, so he recommended another obstetrician who could take care of her and deliver the baby.

A number of months later (it turned out to be at the time she was giving birth to her twins), the doctor went into what he could only describe as severe labor pains. And not only did he feel as if he had

delivered one child but he felt as if he had delivered two. His nurse was aware of all this because he was not sure whether to call an ambulance and go to the hospital or just stay at the office. He was pretty sure he was not having a heart attack because the pain was not in that area. He thought for a while that maybe he was having an intestinal attack of some kind, but he was aware that it probably was not that, either. But he was in tremendous pain for quite a while.

After the pain let up and he was talking to his nurse, he said, "You know, I hate to say this, but I feel like I just had twins."

She laughed and said, "You know, Doctor, it isn't unusual for a father to go through sympathy pains when his wife is having a baby."

He said, "But my wife's not having a baby. She's not even pregnant." The experience ended, and they both forgot about it until he heard from his former patient, who told him that she had delivered twins. He checked the time, and his experience was within the same period of time that she had delivered. He feels certain (and there is evidence to verify this) that he had "tuned in" and had an affinity with this woman and that he had experienced this birth the way that she experienced it.

In checking into his past-life experiences, I did see one lifetime where he, as a female, had produced a karmic situation in a very similar pattern but had not resolved it. In this present lifetime, he was involved in consciously breaking the incarnation pattern, so it was important for him to have this experience in order to finish up the karma and to tie up the loose ends so he could go freely. Being male this lifetime, he could not have the experience of childbirth directly, so he experienced giving birth as a psychic function.

The doctor said, "It was real; it was painful," yet the woman who was delivering the twins did not have pain because she was under an anesthetic. He had taken some aspirin and finally had given himself a shot of something to stop the pain, but it did not help. It did not stop the pain because it was not a physical pain; it was a

psychic pain. That experience of pain was part of the karmic release and was necessary to the experience. It helped him to have the conscious knowledge of what the karmic situation was and why he had experienced it. But the conscious knowledge was not as necessary to releasing the karma as just having the experience and going through it.

Some people have asked me if there is a way to tune in to past lives and understand those experiences. Yes, there is, but why bother? This is the time God created and prepared for you, and if you live this life (in terms of living it, not just existing in it), the applicable past lives can become present in this one in such a way that negative blocks can be dispensed with automatically.

Why Do Bad Things Happen?

Unexplainable things often happen to people, and we wonder why: why them, how could people do something like that, why did God allow it? Here are some situations that can seem difficult and even horrendous when looked at one way, but when the karma of the situation is understood, a whole new dimension is added.

If a child is born deformed, blind, or deaf, it may cause great distress within the family and sometimes within society. The action of karmic fulfillment can explain many of these instances. Let's look at some possible examples. In ancient times, a person was sometimes punished by having a hand cut off or a tongue cut out. If the one who performed these punishments got caught up in the experience to the point that he did it unnecessarily, for pleasure, or unjustly, even according to the laws at that time, he might very well find himself in his next incarnation being born without a hand or arm or unable to speak. He would be allowed that experience to gain the understanding of what it was like and thereby fulfill the karmic debt.

If a person perpetrated a form of sadism in one life, that person might be the child or the spouse of a sadist the next lifetime or a later one. The possibilities are complex and infinite and depend on many, many variables of situation, attitude, intent, etc. But the law of karma says that there will be perfect justice.

Another example is the Vietnam War. Let's look at the Vietnamese people for the last three thousand periods of their existence. As a collective group, they may have got exactly what they created for themselves, and they may have balanced all of their karma. Is it bad for them to be karmically free of all that? Is that wrong? Perhaps that particular freedom did not come about in a way that we all might have wanted it to come, but it came about in a way that was entirely perfect when looked at from the perspective of the working out of karma. There was no overkill; there was no underkill.

The Americans who went to Vietnam and were caught up in it were part of that Vietnamese process many years ago, and even though they were born in the United States in this life, they were pulled back there to complete their karma. And those who went through the war unharmed were not part of the process and came home safely. So how can that action be judged as "wrong"? It is balanced, and now those people can progress even more rapidly because they have paid back the debt that they accrued at another time.

Am I saying to dismiss people's suffering by saying, "Well, it's their karma"? Not at all. People need your love and compassion, your reaching out and your caring. In fact, when you understand how the law of karma works, you may find yourself being even more accepting, forgiving, and loving.

An approach to war and other extremely disturbing situations might be to say, "Based on what I'm seeing right now, I don't like it that they are fighting and killing each other. I can't do much about it from where I am, and being righteously indignant won't help, so I think I'll just go within to that peaceful place and stay centered. Then, when everyone else is running around in chaos-emotionally and physically-I will be able to assist them because I'll be calm." In

the midst of confusion and chaos, it is always helpful to suspend judgment and say, “I don’t know what’s going on, but when it’s over, I’ll do what I can to assist those people who have been involved in the turmoil.” It is nice to just assist, not to try to punish or attempt to make anyone see any particular point of view. It helps to lift people and give them the vision of unity, brotherhood, and oneness.

Love your karma. It is your opportunity to learn. It is your opportunity to gain wisdom.

How to Go Through Karma

Problems are beautiful because every time you handle or overcome a problem, your wisdom and your knowledge grow. Every time you overcome something, you grow. The problems give you strength to go further. Your karmic situations are your stepping-stones.

The earth is a classroom and everyone here is a student. The experiences that come your way, the problems that come your way, are your lessons. So every person you meet is your teacher. If you can keep that in mind as you are going through your day-to-day activities, you may be able to make some tremendous changes and grow very rapidly in your awareness. You keep learning and progressing through each experience so that you can graduate, because if you fail, you are going to have to repeat the grade. And if that is what it takes, that is also okay.

When you are dealing with any karmic pattern or situation, your time and focus are much better spent on loving *everything* in your current life and not trying to go back and figure out or change anything in the past that might be connected to the karmic situation. Spirit is present in each step you take and each movement

you make. If you bring your awareness to that each second, you are doing far more for yourself than you would do if you tried to look into the past for causes, reasons, and so on. And, of course, if any memory comes up, you can do any forgiveness that is needed, bring loving to the memory and yourself, and then get on with your life and with loving everything in your life.

By loving even your negative creations, you can shift their energy and release karma.

When you know of the law of karma (the law of cause and effect), you know that if someone does something to you that you think is unfair, you can just let it go. You know that if it *is* unfair, the other person will be held accountable for that, through Spirit. You do not have to do anything. You do not have to seek revenge or try to get even. You do not even have to think about it or hang on to the experience at all. You can just learn whatever you can from it, let it go, and go on to your next experience.

If you do not enter into the negative expressions of revenge, hurt, despair, etc., you will keep yourself open and present for your next experience, which may be a beautiful one. If you do go into the negative aspects, you may block the next experience that is coming forward. It is very important to keep moving in your consciousness and not hang on to old hurts and pains. Let them go as soon as possible, and get on with the business of living. You will find your life much more enjoyable and much happier.

"As you sow, so also shall you reap" is too often interpreted as a negative warning. It can also be a highly spiritual action, where a positive action leads to a positive result. Hold on to the image of what you want. On the physical, imaginative, and

spiritual levels, create and express that which is positive and uplifting, and then you can reap what you have sown.

How Not to Create More Karma

The way not to create more karma is to do all things in God's name. Place the Light ahead of you in all that you do. Ask always that your actions be for the highest good. You may accrue some karma, but it will be worked off that night in the sleep state and cleared instantly through the actions of the Mystical Traveler.

This works only if your actions reflect living love, not ego involvement. The best way not to accrue karma is to remain neutral, where you really do feel and think, "I don't care; it doesn't matter." When you've reached that state (say with money, relationships, or anything else), you are what we call living free, and at that point you are probably getting very close to getting off the wheel of incarnation. But any place you have a hang-up, no matter where it is, you must work to become neutral.

If you make a mistake, don't feel guilty about it; if possible, go back and clear the mistake. If you have a misunderstanding with someone, just talk to them and clear it with them. As I have said, karma is usually produced more by guilt than by the actions themselves. So it would appear that the best approach is to either enjoy it or don't do it.

When you have done one negative thing-like yelling at someone angrily-it takes twenty-five positive things to neutralize it. Not to erase it, but to neutralize it. But instead of being under the law, you can come under grace. This would be something like, "I didn't know better, or I would have done better. They didn't know better, or they would have done better. And in that, I forgive myself and I forgive them. I love me, I love them, and now we move on." The Soul energy then comes forward and suspends it. It is not just neutralized. It is suspended through grace, and the loving attitude dissolves it.

So, you may not have to balance every little thing exactly. The idea of needing to exactly balance everything is the idea of "an eye for an eye and a tooth for a tooth" (Exodus: 21:24). The Christ action through Jesus changed that to grace. (There is more on this in chapter 10, Christ.) The key to grace is forgiveness-continual forgiveness-and it continues until your last breath. A lot of the things we have remembered keep us here, and we may not be able to get rid of them until we are through with our work here; that is, until we die physically. Being in a constant state of forgiveness is being in a state of grace.

We live in grace already because "the blessings already are," yet most people are not fully aware of it. To *know* you are living in grace is a by-product of Soul Transcendence and knowing-really *knowing*— that God dwells within you and within each person.

Co-Creating with God

This chapter started out talking about human beings as creators, and I want to return to that idea. The things that you place in your mind as your wants and your desires, the things that you dream for and create in your imagination, become realities at some point, on some level. It is wise (to say the least) to be careful about the images you create and to which you give energy. But as long as you are going to place out a desire or a pattern of wishful thinking, you might as well place out the one that you really want. Is it God consciousness? The higher realms? Soul awareness?

What does a Soul look like? It could look like a purple ball or a white or gold one. It could look like the picture of a master, a picture of Jesus, Buddha, or Krishna. As you put that image in front of you, it can start erasing the energy from the lower wishful thinking that you have created (like the desire for the new car, the great sex life, the money, etc.). You can program out the lower desires and start placing higher ideals in front of you. Your mechanisms for success will start pulling you right into the ideal.

You can assume you are going to reach it because if that is what you keep in front of you, you will.

If you are letting your fears and insecurities run you, turn around and confront them. Face them. Devour them. Consume them. Do it so well and so enthusiastically that you clear all your karma. That's liberation! And that's moving into God consciousness.

The Bible says the idea that "as a man thinketh in his heart, he becomes" (Proverbs 23:7). That expresses a lot of truth when perceived from the mystical consciousness. And it works both ways-positive and negative. You may say, "The thing that I feared most has come upon me." But the thing that you fear most, you tend to think about. You tend to give energy into it. You tend to dwell on it and think, "What would happen if …," and you can create that which you fear. It can appear because you have created it and brought it forward.

Then you may say, "Why me, Lord?" And if you can get the Lord to communicate, He may answer, "Why not? You created it. You're responsible for it." So you might just as well take a deep breath, chalk it up as an experience and a lesson, and go on. In reality, there is not much else you can do. Learn all you can from every experience and just go on.

Creation is complete within the lower (negative) realms. Co-creating in our everyday lives refers to living this life with God as our partner. We are creating all the time, sometimes consciously and sometimes unconsciously, and when we consciously live with God as our partner and bring Spirit into our lives in greater and greater ways, we are co-creating with God on this level. And on the physical level, God needs us as much as we need God because God gets things done here through the physical body.

God dwells within you, as you; all you need do is awaken to His presence, and one way to do that is to listen within yourself to His loving direction. Ask for God's will to be manifested through you, and then listen for God's voice to speak in your heart.

In the positive realms (Soul and above), creation is not complete, and we are learning to be responsible co-creators with God. In another form, you could work in another dimension, another universe. If you have elevated yourself in a certain way within a certain schooling pattern, you could reside within a higher realm. The final state of the Soul is to become a co-creator in the oneness of Spirit.

Q&A About Karma

Q: If someone is starving (to use an extreme situation), are we interfering with their karma if we send them food?

A: We aren't interfering with their karma. As an analogy, say someone is drowning. If their karma is to leave the body then and if we try to save them, they'll still go. Don't worry about whether to save them. Do what you can.

Q: If somebody asks me for advice and I say, "I don't know, but this is a way I might do it if I were in this situation," would I be picking up karma from them?

A: It's possible that you could do this, but for the most part, if you give the person two or three suggestions, they can accept them or not, and you probably won't be as attached. All you say is, "This is how I see it. If you see it differently, God bless you, that's fine. This is the point of view I'm working from." If the person doesn't want to work from that point of view, they'll find another way. It's a big world.

Q: I have gone through a number of challenging situations in my life. What was my karma?

A: It doesn't really matter or make a whole lot of difference what the karma was. The important thing is that you go *through* those things and move into a greater spiritual focus and loving in your life. If it's ever beneficial for you to know the karma, you may get the information. Until then (which may never come to you in this life), it's best not even to ask a question like that, simply because it does not give you any information you can use to create more of what you want in your life. In addition, sometimes the consciousness can let go of the karma more easily if you are not consciously aware of the origin of the karma.

Q: Are there any things I have done to my parents that caused them hurt and that I need to address in order to clear my karma with them?

A: This applies to your parents and to anyone in your life. Ask them if you are part of any of their hurts and, if so, what part, how it came about, and what they want you to do (if anything) to assist them in healing their hurts. Then you can decide if you want to be part of it in any way.

Q: Is there anything you can suggest for me to do to support my brother while he's in a karmic flow, or do I just leave him alone? I know I can't save him, so I'd like to be clear in my actions and not inflict on him or create karma for myself.

A: His karmic flow is *his* karmic flow. You are not in it unless you insert yourself into it. Then it becomes yours, too. If you want more karma, feel free to jump in.

Q: You told me that I still have karma with a certain person. Can that be completed from a distance?

A: Sure. Most karma is just a state of mind/emotion, and sometimes it can be done in that level and not done physically at all. Yours can be done in the mind/emotion level, and there is no

need to participate in the physical. And if you do decide to do anything physically, you can "call the shots" as to how much you wish to participate.

Q: I am married to a man I love, and I am also in love with another man. It's very hard for me to sort out what to do, and things are so confusing. I feel almost crazy at times.

A: You are in a karmic flow, and those are hard to handle. So is your husband and so is the other man you are in love with. If you put these three together, it is near impossible to handle. In this instance, there are three karmic flows moving at the same time, but not in the same direction. Conflict of an inner nature is the signal of this happening. Possessiveness and a form of material support are signs that it is also taking place. Part of this is materiality and how it is gained and maintained.

Don't be surprised to find out that a lot of the difficulty that will happen/has happened will come out of your husband's ego feeling rejected. You naturally have a larger ego. Most women do have a larger ego than men. Men need the ego support of women, and at the same time they can feel smothered by it and end up fighting the very thing that they feel they need in order to survive. When a lower ego decides to punish someone, you might not know it, as it may very well look like anything else or everything else other than punishment. Smaller egos pull the sympathy vote (as, for example, a recent president of this country did).

You are not in a rational situation. You are in a karmic flow. That is like lava moving downhill, and where does lava moving downhill go? Anywhere it wants to and even where it doesn't want to. But it does flow, and it doesn't even know it is doing it. So what does that say to your situation? Watch, listen, think, and then do. The karmic flow is just "do, do, do." There is no "do, be, do, be, do." It never gets to "be." It is over after "do."

Also, lava gets extremely hot and can burn everything in its path, and its path is a wasteland. One of the best things you can do is get rid of your pedestals that are inside of you and make sure you don't

put anyone on them, as the lava flow will cut them off and they go anyway.

Q: I went through a very hard time recently, where I almost wished I were dead. Was I clearing karma?

A: You went through a real karmic darkness. You were working off extreme, severe things from another time. If you were to know here in your mind what you did then, you might not want to live anymore. But without having the vision of what it was, you had to have enough of that come through so that you didn't want to live. The karma was severe, and it chose to come in on its own timing, so it was a hard task for you.

When you stop mentalizing and ask from your heart for Spirit's Light to be with you, things around you change. Then those things that seem so locked in and crystallized can be released and altered. It's a great day when you recognize that the things in your life that seem inalterable can be lifted.

You tried to keep it quiet and hold it in instead of immediately going to someone and saying, "Look, I'm having these depressed feelings. I don't know where they're coming from. My God, I'm closed down." A counselor could have done therapy with you to help lift your consciousness and refocus it while this karmic thing was thrashing itself out in the darkness behind you. You'd have known it was going on because of the uncomfortableness, but you wouldn't have had the tribulations inside yourself.

Q: I'm concerned that I am creating negative karma for myself and leaving the path of grace.

A: Everything a person does makes both positive and negative karma, though rarely equally. Your attitude is more important than the action. And in whatever you do, be loving and choose wisely. Disturbing action creates karma. Disturbing reaction perpetuates

karma. When you change disturbing action to loving action and disturbing reaction to acceptance and understanding, you may experience love, joy, peace, and fulfillment. These divine attributes help maintain the harmony of God's creation.

If, indeed, you can be taught, the Soul will awaken itself on the physical level and dissolve all karmic bondage. Then you will be aware of the Soul on this level and on all other levels. At that moment, you become what we call one of the "living free."

For More Information

For an explanation of personal-use and public-use MSIA materials, please see page 1.

"Are You Relating to Karma or Spirit?" (SAT #7408). How karma works in you and how you can choose out of karma and into Spirit.

"Knowing Your God Essence" (Public audio seminar #7391). An excellent explanation of how to handle your karma.

"What's Commanding My Attention?" (SAT #4017). How to be objective about what you see, hear, and experience.

Living in Grace (Public CD set, ISBN: 978-1-893020-38-2). Among four CDs in this key packet are the seminar "Are You Living under Law or Grace?" and the "Meditation on Forgiveness."

You are becoming totally aware and completely capable of maintaining multidimensional awareness. You are already in Soul consciousness right now. You don't need to do anything except recognize it. You're there.

“The Discipline of Liberation” (Personal-use audio seminar #3203). When you love, karma can be dissolved.

Forgiveness: The Key to the Kingdom (Paperbound book, ISBN: 978-0-914829-62-9). Forgiveness is truly the key to going through and clearing karma.

CHAPTER 6

The Light

The Light is the energy of Spirit that pervades all levels of consciousness. It is an energy that is of God. It is pure, uncorrupted, and available for our use.

Introduction

Spirit is energy, the force that activates the human consciousness and gives it life. Spirit individualizes itself as Soul and so resides closely within each consciousness. Many people have said that a human being has a Soul, but it is closer to reality to say that the Soul has a human being.

As I have explained, the experience of God, with which we are all involved, is made up of positive energies and negative energies much like a battery is made up of positive and negative energies. It takes both to make it a working unit. Present as the negative pole of this total spiritual experience are what we call the lower realms: the physical, astral, causal, mental, and etheric realms. Present as the positive pole are the Soul and Spirit as the pure energy of God. These two poles working together are what we call the Light.

The Light is in everything; it's in every aspect of your experience and your expression. You have never been less than the Light. The Light is not sitting around, chanting, and looking holy all day. The Light is the total beingness of all consciousness, on all levels, at all times. The Light is everywhere. When you accept that, you've made your first step.

The energies of the negative pole of experience are more apparent when you are here in the physical realm. This level is their territory, and they can be quite powerful. But as you attune your consciousness more and more to the energies of the positive pole, to your spiritual self, you find that the spiritual Light can override any negativity. You learn to bring all the levels of your consciousness into the flow of the Light; then the positive energy extends itself through all the negative realms, and you find every level of your life becoming a manifestation of God's love and grace.

The energy of the Light is the spiritual force that is present within and that activates all things. It is everywhere to a greater or lesser degree. The Light is more active in a tree than it is in a rock, and it is more active in a deer than it is in a tree, but it is present in all of them, although they may not be consciously aware of it. The presence of the Light is most active within the human consciousness, and the human consciousness is unique in its ability to be consciously aware of the Light and to work as a co-creator with the energy of Light.

It is so much easier to walk in the Light. That's who you are in the fullness and the glory of all your consciousness.

The Magnetic Light and the Spiritual Light

There are two aspects of the energy of the Light. One is magnetic in nature and is an energy of the lower realms (up through the etheric realm). You, consciously or unconsciously, are an individual director of it. When you work with this light for your highest good and for the highest good of everyone, you may also activate the spiritual Light, which comes from the positive realms of pure Spirit (the Soul realm and above). When you activate this higher Light (also called the Light of the Holy Spirit), you can experience at-one-

ment with God, and the results in your life and in the lives of those around you can be quite wonderful. In the lower realms, you cannot get the Holy Spirit without the magnetic light because the Holy Spirit rides on the magnetic light, but you can get the magnetic light without the Holy Spirit. It takes a greater attunement to get the Holy Spirit.

This higher Light (the Holy Spirit) will never inflict itself on anyone or anything and comes only when invited. It can be active only when you are consciously pure in your intent and expression. You are pure in your expression when you ask for the Light to be present for the highest good. You do not condition the Light by asking it to do what you *feel* would be right or what you *think* would be right. When you just ask for the presence of the Light and ask Spirit to bring forward whatever is for the highest good, that is when you are Light-Living In God's Holy Thoughts.

When we speak of the highest good, we speak of the highest God form. We are not talking of the god of the stomach chakra or the god of the lower astral or the god of any lower level. We're talking about the God of all things.

The magnetic light is neither good nor bad; it depends on how it is used. It can be used, along with the spiritual Light, for those things that are positive and that enhance the spiritual evolution of each consciousness. The magnetic light can also be used in negative ways. It is the energy field that people tap into when they use the force of their consciousness to control another person or to bring harm or hurt to another. Spiritual law says that all creations are returned to the creator, so it follows that any harm or hurt you perpetrate will be returned to you, as we looked at in the previous chapter, Karma: Creation and Fulfillment.

Just as everyone is an extension of God, through individualized Soul, so is everyone the Light. All people have this energy of Light present with them to various degrees, and all possess various

abilities to express it and work with it. Some people are more attuned to the magnetic light, and some are more attuned to the spiritual Light. Wherever you find yourself is fine. All the levels are steps along the way of your spiritual evolution.

You Do It Yourself

One religious concept that has been prevalent throughout history is that the priest, minister, or guru is somehow special and has a greater attunement to the spiritual Light. Thus, many people look to a "special one" as the savior or the intermediary with God. In the last few decades, a whole new consciousness has been moving across the planet, saying that each person is special and that as each develops their inner spiritual awareness, each has the ability to become attuned to the spiritual Light through their own consciousness. So each person starts their own salvation. Each person becomes the teacher, the student, the worker, and the harvester of their own beingness.

Too often, however, people want to yoke themselves to someone outside of themselves in the physical world and say, "Do it for me." This will probably not work and will usually delay your spiritual unfoldment. This does not mean you do it all by yourself. No way. We are all connected, we are all dependent upon one another to some extent, and no one is going to do everything by himself or herself. You may want a wayshower, a guide, someone to point the direction, but do not let anyone do it for you. I do not do it for you. I show you techniques, methods, and ways. I tell you what has worked for me and what I know has worked for other people. But it could all appear to be a lie until you do it and it works for you. This is why I always advise people to "check it out" and get their own experience.

The position of the human consciousness is unique. God has given the human consciousness the ability to be aware of itself and to know God consciously. God has allowed us the position of co-creators and thereby given us the opportunity to learn responsibility

to the Light within us. God has given us these beautiful realms of physical, emotional, mental, and unconscious existence and has supplied the magnetic light of these levels to give us infinite opportunity to create. We can create many things, and God has instituted the law of karma so that we will always be made aware of our creations. It is feedback so we will know how we are doing.

All you have to do is keep freedom in your consciousness and be open to let Light and love flow through you to everything. You don't have to say, "God bless that flower, that ant, those buildings, that tree." The blessings flow automatically as soon as Spirit uses you as a channel into this world.

Sharing Your Light

As the human consciousness moves away from the negative creations of the magnetic light towards the positive creations of the spiritual Light, it comes closer and closer to God and the Soul, that individualized spark of God within. Some people let that Light shine through their expression more readily than others, and these are the ones who are happy, smiling, and nice to be around, the ones who can lift you just by being there.

When you come from that center of Light, you expand your ability to love and to share with people, to reach out and touch them. You expand your ability to say in many ways, "Thank you for being here." Maybe you think you could not say that to anyone, that it would sound namby-pamby, but why ignore others when they really need a pat on the back and a verification that they are doing okay? Sometimes it is in the smallest areas that people need your Light and love the most. Sometimes that pat on the back and a quick, "It's really nice to see you," can do so much to awaken the consciousness of Light in others. They can suddenly stand up and face the day.

That service of love may be returned to you at a later time, and it is nice to reap those rewards.

Many years ago I knew the principal of a high school who did not let his Light shine through very much. He would walk through the halls really down in the mouth, and he seldom smiled. Every time he was around, he created a lot of tension, and the teachers and students would think, "I wonder what's wrong? I wonder if I've done something wrong?" After a couple of years, he was transferred to another school, and the new principal would smile, laugh, and share his beingness with the faculty and students. When he liked something, he would say so, and when he didn't, he would suggest changes. It was amazing how the morale of the entire school lifted because one man let the Light within him shine out and expressed the love he felt for the people around him.

Working with the Light

Wherever you go, ask for God's Light to surround you, protect you, and fill you for the highest good. Place it ahead of you wherever you are going so that you will always be well-received. And each time you meet someone, ask that this Light be placed between the two of you, not as a barrier, but as that which can clarify. If you do that, everything that comes to you will come through the Light.

Learning to let the spiritual Light flow can be one of your most rewarding experiences. That Light within you will guide you as you learn to attune yourself to its direction. If you get in your car and ask for the Light to surround and protect you and then you speed, the Light is probably not going to do a whole lot for you. It may be that the "white light" you called in to help you asks the "red light" for a special assist. But if you get in the car and attune yourself to the Light within you, you are probably going to drive the speed limit, be careful, and watch. Then it is very easy for the Light to work with you.

When you work with the Light, you walk within the most absolute protection that exists. It is so perfect and so absolute that you may not even know you are being guided out of areas potentially disastrous for you. Perhaps you get tied up in traffic or delayed in some other way and later find out that, had you been on time, you might have been involved in a tremendous wreck. You have heard stories of people missing a plane for all sorts of strange reasons, and that plane crashes, killing all aboard. This may be the Light in action. When you get delayed or caught up in some unexpected happenstance, you may never be aware when it is the means to protect you from disaster. So do not be too quick to judge your experience. What you see as an irritation may be your greatest protection, the greater manifestation of Spirit working in your life.

The Light works the way it works. It doesn't always work the way you think it should work or the way you would like it to work. It is the most powerful force on the planet and the most powerful force in your life.

You might think that if you use the Light as protection, you should be able to walk down a dark alley in the middle of the night, safe from all harm. But if the Light is really working for you in the highest way, it might not have you walking down a dark alley in the middle of the night in the first place. Instead, you will be somewhere else, safe from harm. Using the Light does not mean that you can be irresponsible in your actions. If you are open to the Light, develop your awareness of it, and learn to flow with it, you can find your life unfolding in the most beautiful, dynamic, creative, and loving ways imaginable.

You know, hindsight is twenty-twenty vision. You say, "I shouldn't have done that. I should have done this other thing." In retrospect, you know what would have been the right action, the Light action. Foresight is wisdom, given to the few who will look forward. But "heresight" is available to all who will use it. If you are

living here and watching, you will not need hindsight because there will be no regrets, and you will have no concern for the future because when you are living here, you are adaptive and can handle whatever comes to you.

You can always handle the present moment; there is never any difficulty in that. The difficulty comes when you allow your mind and your emotions to split off into yesterday or tomorrow and dissipate your energies. That is what happens: the energies split and you think, “I’m really falling apart. I have to get more rest. I’d better get to bed.” So you go to bed, and the Soul can then leave the body and go into an energy field of pure Light and regain the quiet contentment of pure beingness. The mind and emotions quiet down. Then the Soul comes back and recharges the body with positive, spiritual Light, and you wake up in the morning feeling much better. You say, “I really feel together today,” and you are. The energies are all together and present in the here and now.

The eternal quest within everyone, even if you name it different things, is always towards greater happiness, greater success, and greater ability to do and accomplish. Sometimes it is called comfort, security, or contentment. Sometimes it is called self-realization, at-one-ment, universal consciousness, or God-realization. Whatever you call it, it is that thing that will work for you and bring you the joy you know is your heritage. It is very true that joy, happiness, and success are your heritage, and there are keys present within your consciousness that will unlock these goals for you.

Light Columns

We have a guideline in the Movement of Spiritual Inner Awareness, which is to always leave something better than you found it. One way I do this is to plant Light columns everywhere I go. For example, many years ago when I was in Mexico, I climbed to the top of the Pyramid of the Sun and placed a Light column there. I returned a few years later and could see the Light column from miles away. I could see it as a big, shimmering, white-purple haze in

the air above the pyramid. It had held solidly, and that was so nice because a lot of people got into the spiritual Light frequency as they climbed to the top of the pyramid.

This is how you can place a Light column: for the highest good, envision or intend a funnel or pillar of Light from the highest place you can imagine going right through you and into the very core of the earth. That is all you need to do. The Light column you place may be effective for two days, thirty minutes, or fifteen years. Its duration does not matter, and you do not even need to concern yourself with that since Spirit is actually doing it. Perhaps a Light column will hold for two hours, which may be the exact amount of time it was needed in that area.

Placing Light columns is a way to integrate into your daily life and routine a specific awareness of Spirit. When you do that, you are using your spiritual energy in positive action that can bring positive results to this level.

If you are in one area day after day, continue to place Light columns there. People who have used this technique in their homes and offices have noticed positive results. It is a beautiful and effective way to clean up your immediate environment. You can also do this throughout the city you live in. For example, it used to be that you could go up and down New York City and only see shadows, but now you can see a lot of Light there. I flew over New York City once and thought there was smog over the city, but when I looked again, I realized, “Good gravy! That whole city has a haze of white Light all over it.” I sat back in the seat, tears came to my eyes, and I thought, “Somebody in New York, at least one, knows how to do this.” I found out later that the MSIA ministers in New York had been all up and down Manhattan Island, in the subways and everywhere, placing columns of Light.

A lady from New York said to me, “Have you noticed in the last few years that New York’s vibration has lifted? It’s lighter, it’s nicer,

it's better."

I definitely agreed and told her, "I don't feel the negativity in my stomach and across my back. I'm looking forward more to coming here." It is nicer to go to all the places I have traveled to before, not because they are familiar, although that helps, but because the places are lighter and more vibrant, and I do not have to work as hard to get the energy up and out.

Placing Light columns is a way to integrate into your daily life and routine a specific awareness of Spirit. When you do this, you are using your spiritual energy in positive action that can bring positive results to the physical level. It is wonderful when more and more people are willing to say, "I'm a Light bearer. I'll bear Light wherever I go." As a spiritual being, you have inside the ability to call forth and bring forth the Light of God into any environmental situation and to transmute the negativity into a positive gain. As just one example of this, to help stabilize the earth, you can ask that a column of Light be placed into the center of the earth and then radiate to the north and south poles. This can help areas that are prone to earthquakes.

Light columns can be as big as a drinking glass, as thin as a pencil, as large as a house, as huge as an entire city, or like the Washington Monument. Have you ever seen the sun shining through a window and seen dust particles floating in the air? A Light column will sometimes look very much like that. When you see that kind of Light energy or force, you may think your vision is a little disturbed, but it may be that you are tuning in to higher frequencies and seeing a little more than the physical realm. That is good news. Of course, you might not visually perceive the Light columns, and you certainly do not have to. Not seeing them does not lessen in any way your ability to create them. You will probably never know directly the benefit that such work has, the ways it touches to people, or the positive changes it brings about. It is a silent work, a silent ministry, and a powerful one.

Q&A About the Light

Q: How do we call in the Light?

A: We use the expression "call in the Light," but the Light is always here, so we actually call ourselves forward into the Light.

There are many techniques for asking for the Light, and the main idea is along these lines: "If this is for my highest good and for theirs, then I would like the Light to be placed with me, with them, and with this situation." If your intention is clear that you are asking for the spiritual Light for the highest good, you can also just say, "Light." This is the first thought in some people's minds when they hear a siren or hear about a situation that is distressing or challenging in some way. Some people read the newspaper and listen to news on TV, and in their consciousness is "Light" for all they read, hear, or see.

There are a lot of ways to hold the Light and send the Light and work with the Light. One way is that as soon as someone tells you about a situation, just pass it right into the consciousness of the Light. Before that person even finishes getting the words out, the Light has gone.

Q: How do I "hold the Light" for someone or a situation?

A: Ask for the Light for the highest good in the situation. Then, as much as possible, be in the situation neutrally. This means to be nonjudgmental and to simply accept whatever is there, even though you may not agree with it or like it. And be loving no matter what is going on.

Q: What if I can't be neutral in a situation, but I still would like the Light to be there for the highest good?

A: Just ask for the Light to be there for the highest good. *You* aren't doing it; *God* is doing it. You are simply asking. You can also ask that the Masters of Light send the Light to the situation or

person. Doing that can filter out your emotional attachment to the outcome.

Q: Can you overuse the Light by putting it around every action and working with it?

A: No, there is no way to overuse it. But you can underuse it by forgetting to ask for it. I'd ask for it *all* the time.

As an ongoing practice, it's a good idea to place a Light column twice a day at your home. It can help clear any negativity-not only from your home but from the person who places the Light column.

Q: I've been attending meetings for several days and am really exhausted when the day is over. Do you have any suggestions for handling this better?

A: With me, always, the first priority is for a person to take care of himself or herself. Always. During the meetings and throughout the day, call in the Light to purify and cleanse and to bring the spiritual energy more present. Also remember that you are being used as a battery for those less able to contact more directly into the Light inside of themselves.

Q: Would you share a little bit more about Light columns?

A: Let's just say that we should all be Light columns first. Physically, mentally, emotionally, spiritually, we should be a Light column. Then, wherever we go, wherever we sit, wherever we talk, we should leave a column of our beingness of Light there. We should project it collectively into areas so that we're riveting everything together like a cobweb of Light forms, energies that are intricately intertwined and as graceful as the most delicate lace. And even though they may sometimes look like a great whirlwind, sort of rough and crude, when you get into it, you find that it's a filigree

and that each little strand is very fine. But together, like strands of steel wound together into cable, they are very strong.

Q: If I ask inwardly for you to send the Light to someone, is that less effective than if I talk or write to you or call the MSIA office and ask that you do this?

A: It's just as effective to ask inwardly. You can also write to me and burn the letter. It doesn't have to be done physically because the work I do is done spiritually, and it's done instantly, as soon as you ask inwardly.

Q: I have heard you and others say "Father-Mother God" when you ask for the Light. I don't have a clear concept of Father-Mother God.

A: It is the positive and negative frequency, the earth frequency and the Spirit frequency combined. We're not just saying, "Let's go to heaven and forget this world," nor are we saying, "Let's just live in this world and forget heaven." We're saying, "Let's unite them so that while we're on Earth, we can be in heaven."

Father-Mother is a positive and negative polarity like on a battery; you need both poles to make the battery go. But if we asked for the Light by saying, "Positive-Negative Polarity," most people would balk at the words. So we use common vocabulary that most people can understand and say, "Father-Mother God."

Q: If all things are happening according to the highest good and in perfect timing, why send the Light?

A: Because Spirit will not usually look at a plan to see if an alternate can be instituted unless requested from this level of Spirit. In the cosmic sense, taking all eternity into consideration, all things are ultimately for the highest good because not one Soul will be lost. But very few of us function at that cosmic, ultimate level. On this level where most of us function, all things don't necessarily happen for the highest good or in perfect timing. So it's always appropriate to send the Light-for the highest good (which is something God

knows and we, on our personality levels, don't always know). Sending the Light for the highest good increases the positive energy in a situation and increases the likelihood that the highest good possible will take place, rather than a not-so-high good.

Also, the spiritual worlds are quite polluted with all the extraneous thought-patterns that we are heir to. Our job is to transmute these things that come in. When we get a down feeling or a negative thought-no matter if it's ours or someone else's or if we don't know where it came from-we transmute it in Light and put it back out as Light. Some of the metaphysical churches know this and are doing it. They have 24-hour prayer groups going, blessing and putting out the positive energy.

Keep it simple. Prayer does not have to be complicated. Remember, you don't have to spell out all the details. All you need to do is place the situation in God's hands and let God handle the results.

We also have Prayer Lists at the MSIA office and in various MSIA centers around the world. People place names on the lists, and whenever anyone asks for the Light to go to "the MSIA Prayer List," it goes to everyone on all the Prayer Lists.

Every little prayer or Light group around, asking for the Light of God for the highest good of mankind and praying and asserting goodwill and brotherhood, helps clean out the negativity we feel.

Q: My dog has been very sick, and I sometimes tread a fine line between having a desired outcome for her (according to me) and keeping in mind the highest good of all concerned.

A: Having a desired outcome is not in conflict with her highest good, as the Lord listens to that prayer for the highest good of your dog. And this applies to people, situations-everything.

Each action you take, each Light column you place, each moment that you stoop to raise another or to send our Father's Light to another being, that action resounds throughout the universe, and the love and the Light available to all is increased. You have chosen to do a mighty service. I am most grateful.

Q: Sometimes when I think of you, I will send you the Light or think, "God bless you." Does this help you in any way?

A: Yes, it sure does. Thoughts are transmitted over long distances, and we are affected on many different levels by them. Sending the thought "I love you" or "God bless you" can work wonders, and I appreciate it when you send those words or the Light to me.

For More Information

For an explanation of personal-use and public-use MSIA materials, please see page 1.

Joyful Meditations (Personal-use CD set, ISBN: 978-1-893020-37-5). Among the four CDs is "The Light Attunement."

"How Can You Tell the Level of Light in You?" (SAT #7296). How we block our Light and how not to do this.

Psychic Protection (Paperbound book, ISBN: 978-0-914829-69-0). Great techniques for using the Light for protection. A "must" book to have.

It assists your Soul's growth when you silently send the Light to others.

Manual on Using the Light (Paperbound book, ISBN: 978-0-914829-13-3). Basic and useful information on the Light, presented with

cartoon illustrations.

“The Light, the Truth, and the Way” (Public audio seminar #7571). One of J-R’s early seminars, with terrific information on the Light: how it works, how to work with it, and much more.

CHAPTER 7

Soul Transcendence: The Work of the Mystical Traveler

All that you want to be, you already are. All you have to do is move your awareness there and recognize the reality of your own Soul. And the message of MSIA and the Traveler is that God is in heaven, that there are greater realms, that you do not have to die to experience them, and that you can know the divine reality while you live on this earth.

The Traveler does not come and say, "I'm going to redeem you from your sins and save you from your negativity." The Traveler comes and says, "I don't care if you're negative or not. Let's go, because all that other stuff is going to fall off as we get higher anyway." It is a returning action, where we return to the Father.

It is important to understand that you probably won't get an advantage over anyone in this world by having an open heart. All that is going to happen is that you will live in a higher state of consciousness while you walk through the lower levels. That's it. And that's enough.

Introduction

The Soul is that essence of each person that is a pure extension of God. The mind, emotions, and body are elements that the Soul has taken to itself in order to experience those levels of existence. In the course of your journey on Earth, it is possible for you to learn not to be held in bondage or restricted by your body, emotions, or mind. And when these lower levels are transcended, that which is left is Soul. Eventually, as the journey back to God continues, Soul will also be transcended, and there will be only God.

Through Soul Transcendence, you can move in the Soul body above the cause-and-effect fields. From that level, you do not produce more karma in your life, so this lifetime may be your last one in this field of consciousness. The path of Soul Transcendence is for everyone, though not necessarily at this time, and each person will walk it at the time they choose. So, it is up to you to decide whether it is for you now.

You may think of Soul Transcendence as a great phenomenon that exists way out of reach. It is not out of reach. It is right here, right now. It has no dimension, no time, no level, so it cannot be separated in any way from you at any moment. It is always present. When you turn your attention to the Soul, all other levels dissolve, and you are completely free of the bonds of the lower worlds.

The Mystical Traveler's job is to assist you in breaking free of all the blocks that stand between you and your full and complete awareness of the Soul level and the freedom of the Soul.

The Mystical Traveler Consciousness

The work of the Mystical Traveler through the Movement of Spiritual Inner Awareness is Soul Transcendence, and to do Soul Transcendence, a person needs the assistance of the Mystical Traveler Consciousness.

The Mystical Traveler is a spiritual consciousness that exists throughout all levels of God's creation. It resides within each person and is a guide into the higher levels of Spirit, the greater reality of God. The Traveler can assist you in clearing karma, and its work is done inwardly, on the spiritual levels.

In MSIA, we call this consciousness "the Mystical Traveler," but it doesn't have to be called that. It was given a term so that it could be referred to in speaking and writing. Also, *mystical* means "having a

spiritual meaning or reality that is neither apparent to the senses nor obvious to the intelligence," and *traveler* refers to one who goes on a trip or journey. The Traveler exists on all levels of consciousness and can go (travel) with people into areas of consciousness that are not apparent to the senses or obvious to the intelligence (mind). Before MSIA came into being, the Traveler was referred to in some places as a prophet, an avatar, a spiritual leader, and so on; there are many names. It comes from Spirit, from the spiritual levels referred to as the School of the Divine or the Holy of Holies.

The Traveler is freedom, expresses freedom, and gives freedom. Because it is *free*, it defies definition, but we can say that its nature is love, joy, and upliftment. It brings health, wealth, and happiness on the physical level, calm to the emotional level, peace to the mental level, ability to the unconscious level, and the fulfillment of all the dreams to the spiritual level.

Working with the Traveler Consciousness

To get an idea of how the Traveler works with people, you could think of climbing a mountain, such as Mount Everest. If reaching the top of it were your goal, you would probably want to climb with the assistance, suggestions, encouragement, and guidance of someone who has already climbed it and knows the way. The Traveler Consciousness knows the way "up the mountain" to the Soul realm and above, and it can guide and assist you spiritually. Still, though, the climb is always yours. You are the one who does it, and when you have given over to the Traveler Consciousness to guide you to the heart of God, you have given over to your own spiritual heart, because the Traveler is within you, as it is within each person.

A very important thing to realize about the Traveler's work with you is that it is almost entirely inward and is not dependent on the Traveler's physical form. So, to know how the Traveler works with you, you need to go inside. Trying to understand this with your mind is limited, although ideas may point towards an inner

experience of this. The emotions are also limited, although love is one of the signs of the Traveler and of Spirit.

One of the key things to do to become more aware of the Traveler's work with you is to open to the possibility that it is happening. You need to invite and allow the Traveler to work with you. If you do not think it can work, it has to stand back because it cannot inflict itself on anyone. You need to have the wit to open your consciousness to the Mystical Traveler and say, "Do what can be done." Then just be open and watch.

One of the best ways to invite the Traveler to work with you is to do spiritual exercises and build the bridge into Spirit, and then you can start to have the experience. You can read or hear a lot of information and be told that you are divine, but until you *experience* this, it will remain only on the level of information. The Traveler can bring the experience as you are open to it and as you are ready for it. (See chapter 9, Spiritual Exercises and Soul Transcendence, for more information on how to do spiritual exercises, their value, etc.)

When you decided that what you wanted more than anything else was to know God and your own divine nature, to know yourself as Soul, perfect and complete, you created your connection to the Mystical Traveler.

Sometimes the presence of the Traveler can be relatively obvious. You may see a purple light (the Traveler often comes in on purple so it can be seen), you may sense the Traveler's presence with you, you may ask for it during a time of stress and worry and suddenly be flooded with peace and calm. The Traveler's presence may also be very, very subtle, and you will only realize by looking back over the previous six months or a year that things have shifted for you inwardly and that you have a greater sense of balance, perhaps, or a more loving, accepting, or compassionate approach to yourself and others.

When the Traveler works with you, you may also find yourself having to deal with areas of your life and expression that have been problems or that could become problems if you continue to ignore them. Since the Traveler, in reality, is in you as you, this is like that greater part of you saying, “Pay attention. You need to look at this. I’ll be with you as you go through this, but you have to look first and see what actions you need to take to clean this up.” When these situations come up, they can feel very uncomfortable, but if you go into them with a willingness to be honest with yourself and an attitude of gratitude (for the opportunity of clearing karma), you can go *through* them and out the other side into greater freedom. And regardless of what you are aware of, the Traveler works with the votaries (the seekers after truth) “25 hours a day, eight days a week.” And if you do not want to work with the Traveler, it becomes quiet because it does not inflict.

The Traveler Consciousness will not violate any level within you. You must willingly and openly go along with it. It promises nothing except to work with you spiritually. If you decide you want to follow another teaching, you are free to do that, and the Traveler just remains dormant in you. Or it may say, “You’re not ready for *this* school; you would be further ahead to go off and practice in this other school,” and you will be directed to that. I have told people who have come to me, “Look, I’m not the one to work with you. You have to work with someone else.” They may say, “But I like you,” and I may say, “I like you, too, but that has nothing to do with what we’re doing here. You need to have this other training.”

The Traveler has free choice regarding whom he will and will not work with. If the Traveler chooses to work with you, you are an heir to all the keys that he has, and you are under the spiritual protection of the Traveler Consciousness. Many are called, but few are chosen because few really choose back. They may play games, but the Spirit does not play games. It is not something you can mess around with. It is like unscrewing an electric light bulb and shoving your finger into the socket to see if it will shock you or not. You know that this is messing around and playing games.

The Traveler is a maintaining consciousness. That is to say, wherever you are in whatever you are doing, it will assist you. If you want to stay in that spot for an eternity, it will assist you to do that, and if you want to move on to other levels, it will assist you to do that. It is very flexible. I tell students, “Be careful what you put between you and the Traveler because the Traveler will help you get that.”

If you are on your own, you are a seeker, a neophyte, and you must work off all you can by yourself. But part of the divine plan is that not one Soul will be lost, so after a certain point you will run into those people who have the keys to release you from the pattern of incarnation. They have the connection where they can say, “Elevator, up,” because they do not have the karma; they have gone through it.

When you are working with the Traveler, all things unfold in their right and proper timing. You can assist by loving yourself every step of the way, by doing your spiritual exercises to gain a greater perspective on what you are experiencing, by loving the people around you and treating them with kindness, and by living with integrity and honesty.

The Traveler carries all twenty-seven keys for all the universes (I have discovered over 108 universes), and the physical form of the Traveler here on this planet carries the Traveler energy for the planet. It is just a commutator to step the energy down, like a transformer. All it does is step down the energy and extend the power to you. You accept the power and you extend power back, and that power strengthens until you are pulled into the Traveler Consciousness and you find yourself working off negative karma in the psychic realms rather than here physically.

If a person chooses to work consciously with the Mystical Traveler Consciousness and to learn the path of Soul Transcendence, much protection and grace are extended on the spiritual levels. This grace

may also extend into the physical level, as many students have found, although the Traveler makes no promises on the physical level. People often find that their lives begin to work more smoothly and that they have greater inner resources for meeting the challenges of life that come to everyone on the planet.

The Traveler is here to awaken the Soul, to give energy to each Soul so that each one will individually burst anew into the youthfulness of Spirit and be an active, dynamic tool for the upliftment of everyone it touches.

Anchoring the Traveler Energy

There has always been someone on the planet who holds, or "anchors," the energy of the Mystical Traveler here so that all can partake of it. It is almost a mechanical action, and because someone holds the energy, the energy is available to all. As an analogy, apples on a tree are available for all who come by, because the apple tree is there. To partake, of course, you have to be aware of where the tree is and, also, to want apples. If you do not want apples that day, you do not have to have them.

After a kidney operation in December 1963, while I was unconscious (actually, I was out of the body) for a number of days, I started anchoring the Traveler Consciousness on the planet. The spiritual forces had been asking me to do this since 1957, but I kept turning them down. Then in 1963, they made me "an offer I couldn't refuse." They just said, "If you don't do this work, you will die." So I agreed. I asked them what they wanted me to do, and they said it was to take people into the Soul realm. I did that, and then I kept doing it with more and more people throughout the years. (For more on this, see chapter 11, My Work and MSIA.)

Since I started this spiritual work, I have talked to many, many groups and individuals all over the world, and always my approach

has been to tell them that there are other worlds besides just this physical world and that they can know them-in fact, that this is each person's divine heritage. Many people have listened and some have heard, and I have learned over the years that my job is not to try to convince anyone of what I say but just to keep on saying it as long as the Spirit wants me to. More than forty years later, I am still doing this.

In December 1988, John Morton started being more active as the Mystical Traveler. I still hold this consciousness, too, and am the Traveler for all the people I have initiated (I did not "get dumb" when John started being more active as the Traveler). Both John and I work spiritually with students in MSIA. (For more on this, see chapter 8, Initiation.)

John helps hold the Traveler energy for us all at this time, and after John, there will be others who will anchor this spiritual energy here so that it is available for Soul Transcendence. It is part of God's plan for bringing all Souls back home.

J-R

by John Morton

All my life I wandered where you are

I awoke wondering who you are

In each moment you appeared as my self

I heard you to listen

I saw you to vision

I touched you to know

Who I am

Your life defines my reason for being

You move reality from there to here

You live from here to now

You smile and I am joy

God plays hide and seek with you and I

You looking and I finding I am God-in-hiding

You remove what does not belong

You answer my questions with your self

We laugh because we have no other choice

You are the lead in this play on truth

You wear everyone's attire

While singing freedom's song

You teach me to dance with love leading

When our day is done we belong to just one

For the one and for the all

I am yours

The Traveler is a direct tie-in to spiritual upliftment. When things happen that are clearing karma, don't become concerned or discouraged. Just clean up the mess.

The Traveler's Help in Clearing Karma

People who work in MSIA and who are working directly with the consciousness of the Mystical Traveler have the opportunity of breaking free of the cycle of incarnation this lifetime, to become established on the Soul realm, to walk in freedom while they are here, and upon their physical death, to lift in consciousness to the high realms of pure Spirit. This is the promise the Mystical Traveler extends. Part of the Traveler's job is to help the students fulfill their karma and teach them to walk free of accruing additional karma.

When someone first begins working within MSIA, they may often appear to have more problems than they did before because they may be working through their karma faster. Not only past karma but the karma they create day to day will often be returned to them

very quickly-within hours or days, instead of years or lifetimes. For example, if a person “blows up” at himself or another person and is “fuming” inside, he may go out to take a drive and find that fifteen minutes later the radiator blows up and steam fumes out of the car. Instant karma. Cause and effect. He handles it, it is over, it is clear, and he can continue right on.

Similarly, relationships that have been slowly deteriorating for years may suddenly collapse, forcing a confrontation and forcing the people to communicate and clear the air. The relationship may reestablish itself and be better than ever, or it may be over. In either case, it becomes clearer so that both people have more freedom.

MSIA students are taught to work with the spiritual Light, which originates in the positive realms of pure Spirit. Its energy is positive, and its force can be used only in love and for the highest good of all. It cannot hurt, harm, or destroy. But it can stir up negativity that has remained dormant for a long time and bring it up into conscious awareness, therefore allowing it to be cleared. (See chapter 6, The Light, for more about this.)

When a person first becomes consciously aware of the Traveler and the Traveler’s teachings, they are taken in consciousness that night while they sleep and shown the records of their past karma and the karma that they will be working through this lifetime. At this point, they decide either to work with the higher energies, to follow this path of spiritual unfoldment, and to work consciously to fulfill their karma, or to continue their life pattern with a lesser consciousness of the spiritual realities and without the direct guidance of the higher consciousness. Either way, they still have certain karma to work through in their current lifetime, and they can choose to do it with or without the assistance of the Traveler Consciousness. (When a person meets up with the Mystical Traveler Consciousness in some way on the physical level, they receive the astral initiation, and there is more about this in chapter 8, Initiation.)

The Traveler works through grace, and whatever the Traveler does with you is done in line with your own path, no matter what it

is. The Traveler always works with you according to your karma, and when you come into the Traveler's presence, that karma is often sped up so that overnight you could have gone through a whole dispensation of karma. This is why in MSIA, things go so fast and why people go through things so quickly-because the Traveler stands in with your Soul and gets you in high gear for a while, and you take off.

The night travel is the sleep state when the physical consciousness is at rest and the higher consciousness is free to travel into the other realms. When the Mystical Traveler works with you in higher consciousness, it takes you, during the night travel, into the Soul realm and then back through the lower realms to help you work off the karma you have accrued. The five lower realms (physical, astral, causal, mental, and etheric) are lands of illusion. It is like being in a fun house with distorted mirrors: you can really get twisted around and lost in the experience. But when the Mystical Traveler takes you into the higher realms, it is like suddenly being lifted straight up out of the fun house and being able to see clearly where all the different paths are, where the maze begins, where it ends, which paths are the dead ends, and so forth. Everything becomes very clear, and you can see which path you want to take. When you awaken in the morning and come back into physical consciousness, you may forget the specifics of where you were during the night travel and what you learned there, but the essence will remain with you so you know you are on the right path. (There is more on this in chapter 13, Dreams.)

The immediate result of Soul Transcendence is to rise above situations and see them in perspective. At that point, you don't have to solve anything. Your attitude shifts as you attune yourself to the Spirit within, and the "problem" dissolves. It's called releasing karma. And it is also called living free.

In the Soul realm and above, you are in pure Spirit, and there is no karma to work out. This is why the Mystical Traveler teaches Soul Transcendence. We reach into Soul and then come back down through the lower levels while still in Soul consciousness. That way, when you work off karma, you work it off from a pure state. The Soul protects the consciousness, and it is like walking through the manure pile in hip boots. The Soul is involved within each realm so that you do not accrue more karma, but you are still able to do the work.

As this implies, you have karma to work off on the physical realm and each of the other lower realms (astral, causal, mental, and etheric). You can work out your karma here on the physical realm by confronting your karmic situations. Ultimately, you must confront everything; you cannot turn away. When you have confronted the problem or experience and have exercised your wisdom of choice, you can move from it. But you must come to grips with it. This may or may not mean confronting others, but it always involves looking honestly and lovingly at the situation and all those involved in it. You may need to do something physically to resolve the situation, or you may resolve it simply by acknowledging it and loving it all.

When the Traveler works with you, you also have the opportunity of working off physical karma on the other realms during the night travel. For example, perhaps you were a reckless driver and were the cause of several accidents in the past, but you were never directly involved. The Lords of Karma may have a rather serious accident in your karmic plan, a lesson to teach you responsibility on the road. If the Traveler sees that it is not necessary for you to have the total experience physically, it may be able to alter the plan and allow you to experience the car wreck in another realm. So you might bring back the memory of the car wreck through a very vivid dream experience, the kind where you hear the brakes screaming, feel the car going out of control, hear the sound of metal scraping against metal, feel the impact as you crash, feel your body being thrown through the air, and wake up in a cold sweat, shaking all

over from the experience. That has been your lesson, and it has been real enough to bring home the point that you must drive more carefully. You have fulfilled the karma, but through the action extended to you through the Mystical Traveler Consciousness, you do not have to experience it physically or handle all the physical consequences of a major car accident.

As another example, if you have experienced a difficult time with your parents, moved away from home, and left many problems unresolved between you, you may find that some morning you awaken with the memory of being with your parents in a dream and telling them of your love for them and sharing with them your present happiness. Your parents may call that day just to say they love you very much. These things happen when you are working consciously with the Traveler. It is no coincidence, though it may appear to be. During the night travel, you may be releasing hurts and resentments that you have carried for years.

The Traveler comes in on love. Move to love, and you'll find the Traveler entirely present in your heart. You'll feel the Traveler behind your eyes, sharing your world with you. You'll sense the Traveler walking beside you, touching your hand, as you walk down the street. As you move to that quiet place inside, you'll feel the Traveler's embrace and know that you and the Traveler are one.

This gives you an inkling of how the Traveler Consciousness can work with you if you invite it to. The Traveler works on every level of consciousness, on every realm of Light, and it works with you totally to release you from the negative realms.

It is so important that you understand this: the Traveler is not something separate from you. It is a consciousness that is present within each person on all the levels of consciousness, and each person's inner journey is an awakening to the Traveler on all the levels, up into the very heart of God, the center of living love.

The Form of the Traveler in Spirit

If you prepare an inner mock-up of the Traveler and you mock up (or imagine) John Morton's physical form, John or I can easily come in spiritually because there is already a "fit." If you do not know how to do this mock-up, then we may come in as a ball of Light. (Most people will accept a ball of light-a purple one, a gold one, a white one, a silver luminescence.) Then, when you get more familiar with that Light, you may see it as you, and that is true. That is the bigger truth: Sai Baba, Zoroaster, Moses, Jesus, J-R, John Morton, and you- we are all the same in essence. So it would be just as appropriate for you to see *you* coming to you as it would be to see Jesus or somebody else coming to you.

But since you deal so much with this mundane world and sometimes do things that are "jerky," you may not be ready to accept the truth about yourself. You may say, "Well, Jesus wouldn't do any jerky things, J-R wouldn't do any jerky things, Moses wouldn't do any jerky things," and so you may think that only Jesus, Moses, or J-R can come in as that spiritual form. But in reality, that spiritual form is you, too.

Moses and Jesus shared their teachings by taking people out into the wilderness or up on a mountain in Galilee. I get on television and write books, or sometimes people write things about me. It does not matter if what they write is good or bad, just as long as it is put out. You see, every knock is a boost, and it is better for some to be infamous in this work than not known at all.

No matter what goes on in the physical world, the Traveler's work still goes on. Spiritually, I work through the next physical Traveler (John Morton) with the people that I initiate. The ones that Jesus initiated have to be worked with through me, although they do not have to come into my physical presence. When I die, then Jesus and I will both work through the next Traveler because all Travelers have to have a representative on all levels. That is a basic ground rule.

The Traveler action is a catalyst. It keeps things stirring and moving; all the dross surfaces, and then you are responsible for scraping it off through your life activity. You may say, “Hey, this doesn’t work,” and you may move it off or you may move out of it. One day, you may realize that you have become the alchemist of your own being and that the gold of your being is present. That is not gold like we think of gold metal here. It is much rarer. You can eat of it and drink of it, and it will sustain you through anything. It is the gold of that spiritual form that you are.

Q&A About Soul Transcendence and the Mystical Traveler

Q: What is the difference between the Traveler and the Light?

A: The Traveler is a wayshower that works with people to take them into the Soul realm. The Light is the positive energy coming from Spirit. (There is also the magnetic light, which works out of the lower realms of Spirit, but I don’t think that’s what you were asking about.) The Traveler channels the Light and the Sound Current and then rides on the Sound-and teaches you to do the same. And remember that the Traveler is inside of you.

The next big step is for your loving to come forward so you recognize the Traveler as you.

Q: I am hesitant about working with the Traveler because I don’t want to submit myself to anyone else.

A: I think you are wise to be wary of submitting yourself to any person. I’m not interested in having anyone submit himself or herself to me. When a person participates in MSIA and works with the Mystical Traveler, that person is, if anything, “submitting” to himself/herself, to the Christ within, to the God within. And that is really a joyous surrender to love.

Q: I am not sure I want to be involved with MSIA because I don't want to have a guru-student relationship. Must I have that with you in order to study with you?

A: I am not a guru, so you can't have a guru-student relationship with me. I am a wayshower. I point the way towards the Soul realm. You travel that path yourself; I do not do it for you. The relationship is not of this physical level. I do not enter into your physical life or tell you what to do or what not to do; that's for you to decide. I am there to point a way if you need to have a spiritual reference point. I am there to guide and assist you in developing a relationship with your inner self and with the Light and the Sound Current. Then, if you choose, you can use these to become more aware of God. And all this applies to John Morton as the Traveler, also.

The Mystical Traveler is a special aspect of the Holy Spirit. You don't give yourself over to the force that is the Mystical Traveler. You are *it. It is the guiding Light. It is your own inner guidance.*

Q: I have heard people call in the Light and ask for the Traveler Consciousness through John-Roger. Is that how we should do it?

A: No. When you call in the Light, call it in through the Traveler in your own consciousness. Claim it for yourself. The Traveler Consciousness is in each one of us, so don't give it away to my physical form or anyone else's physical form. Awaken and strengthen the Traveler in yourself.

Q: I just don't understand what the Mystical Traveler is. I don't understand why some people seem to worship you, and I don't understand how you can be aware of what is happening with everyone that you call your students. Can you help clarify these things for me?

A: From the physical level, there is really no way to understand the Mystical Traveler Consciousness and how it works. That's like trying to perceive the infinite with the finite mind. That never works too well. Where you'll grow to know the Traveler is in your heart. When that love becomes more and more present for you, it will work for you, and then the understanding will come from an intuitive place, not from the mind.

As long as you create separation, you will be in separation, regardless of how close you are physically to your spiritual teacher or to your loved one. You can be in the same room and be separate if that is your consciousness. Or you can be a million miles apart and be entirely present, in oneness, if that is your consciousness. You create your own reality.

The Traveler lives in you, as you, as that divine part of you. So when someone "worships" the Traveler, they are actually worshiping the God that is ever-present. The worship never belongs to anyone's physical form or personality, and if it is placed there, it is incorrectly placed. Only God should be worshiped.

The Traveler is awake in those who are its students, as they are awake in the Traveler. So it's easy to be aware of what is happening with them. It's just like another part of myself. If all is calm, I may not exercise that awareness, but if there is distress, I know that immediately. It's sort of like a spider that sits in the center of a web. If there is any part of the web that moves or is disturbed, attention is immediately focused on that area.

Q: I have heard you as the Traveler say, "I am always with you." What does that mean?

A: The profoundness of the Traveler being with you is primarily that you're never alone. The very moment of your deepest, darkest despair is when the Traveler is at its best. When everything is fine, you don't need the Traveler.

Q: In seminars, I've heard you say that you present the consciousness of the group. What does this mean?

A: Actually, I tune in to the levels of awareness of the group and individuals, and I present the teachings so that they might be most accessible. The teachings don't change, just vocabulary and idiomatic expressions. The essence of Spirit remains. The important thing is not what I say or how I say it. It's what you do inside yourself with the spiritual energy that is present.

Q: How does this work when you are sharing at a seminar with one person?

A: I'll give you an example of how this could work. Say I am sharing with "Susie." At first, I move myself into the consciousness of Susie, who she is, so I am then seeing the situation as she is seeing it. But if I talk to her from there, that could be confusing to her because she doesn't have anything to reflect to her. So then I would come in on the Soul consciousness and start talking to her. If she couldn't follow what I was saying, I'd come down lower and lower and would also come out more and more so that I would become like a mirror to her. (It's not clairvoyance, because I don't think I'm a clairvoyant; I just know what's going on.) If Susie is lifting, she will pick it up really fast, and the rest of the information will flood into her from what we call the Inner Master, which is the Mystical Traveler Consciousness individualized within each person. She'd then see how everything tied in. If she was not lifting, she would need to reflect on this within herself afterwards in order to get the information and the understanding. It could take an hour, a week, a year; it varies widely depending on the individual.

Q: Was the Traveler energy anchored with everyone at birth?

A: The Traveler Consciousness is in all things and all people. Some are more aware of it than others, and it's still there even in those who are not consciously aware of it. Those who will work consciously with the Traveler in a lifetime have made the decision to do that before embodiment. Then each person needs to choose

and keep choosing to be awake to (aware of) that anchoring/presence of the Traveler energy in them.

And, strange as it may seem, sometimes it's for the highest good for someone to go through a lifetime not being consciously aware of the Traveler Consciousness in order to have certain experiences that are for their Soul's edification. It seems as though some are to awaken to it in this life, and others are waiting until later. All that is fine because not one Soul will be lost, and there is no urgency in Spirit.

This path of Soul Transcendence is not for everyone at this time. It is for those who had it "written on their foreheads" before the foundation of the planet that this would be their time. They can default on the time, but they cannot be denied the opportunity, by me or by anyone else, because the part that set up the time is us in oneness. That is why this is not a hierarchy of one person running anything. The Spirit is running it all.

Q: Why would any Soul forget the Traveler after having become aware of it?

A: This can be a mixture of a lot of things: karma, being distracted, being inexperienced, the Soul's thinking it can remain connected to the Mystical Traveler Consciousness and then getting gradually pulled away by the glamour and excitement of materiality, etc., etc., etc., etc. For the Soul, this is not anything bad. To the Soul, this is getting experience, and there is no judgment attached to doing this.

Q: Does the Traveler work through all of us?

A: The Traveler is *within* each person. How much or how little a person is aware of and consciously working with that consciousness varies tremendously. The Traveler does not work *through* everyone the same way. Many people do things that are diametrically opposed to the Traveler's teachings.

Q: I went through a very hard time, and I kept asking that the Traveler take the karma from me. It took a long time to go through this- at least, that's what it seemed like to me. Why didn't it end sooner?

A: The decision about how fast to relieve a person's karma or how fast to take away something that the person is learning from has to be based on *the person's* spiritual experience, not the Traveler's. If the person's suffering is taken away too soon, they may not learn. Sometimes they have to get down to being sick and tired of being sick and tired. And then the karma doesn't have to be taken away; they'll just hand it over to the Traveler.

Q: Can more than one person hold the keys to the Traveler Consciousness at the same time?

A: Yes.

Reach out and embrace the Traveler in your inner awareness. Know that form as the essence of yourself, your Inner Master, which is closer to you than your breath, more real than any other level. Know that in the Traveler's love, you will walk straight into the heart of God and awaken to the pure form of God's beingness within you.

Q: If someone is a Traveler, is the person always a Traveler?

A: Yes, unless denounced by God as such.

Q: I think there should be a woman in your organization holding the Traveler's Consciousness.

A: Everyone in MSIA holds the Traveler's Consciousness. I would like to see four or five thousand Mystical Travelers on the face of the planet being able to talk to people physically. But in a way, that's not where it's at, because you think it's a physical body and that's the big illusion. It's not the physical body.

Q: Will you tell us who all the Travelers have been?

A: Many people who held the Traveler Consciousness throughout history are revered in various faiths. A number of Travelers have allowed themselves to be known publicly as such, and they are studied in the class called Travelers Through the Ages, offered by Peace Theological Seminary and College of Philosophy. Other than that, I usually don't comment on whether someone was or wasn't a Traveler. A more useful approach would be to focus on your connection to the Traveler in this lifetime and the opportunity for Soul Transcendence that this connection brings. The Traveler Consciousness is eternally present, and when you connect with that reality within you, you are connected to the spiritual energy that goes directly to God.

Q: What God was the God of the other Travelers, such as the ones in the Old Testament?

A: The Spirit God.

Q: Because they were Travelers, did they all worship and speak about the same God?

A: The Travelers worshiped the same God (the Spirit God), but they did not always speak about the same God. They spoke to the level of consciousness that the people in their evolution could understand. There are many "Gods," though there is only one Spirit God.

Q: If it was the same God, why does it seem that the Travelers sometimes gave different messages from or about "God"?

A: Travelers have exemplified different levels of consciousness for the conscious level of the people they have worked with.

Q: Are there ever conflicts between Travelers?

A: There is only one Traveler, and it has many names, so there is no conflict. The Traveler now is all the Travelers in the past. Personalities may vary a great deal, and some are very close.

Q: How does the passing of the keys to the Traveler Consciousness affect me as an initiate? Will I be working with you, or you and John Morton, or just John?

A: If you are my initiate, you are still my initiate, so you'll be working with me. Of course, a Traveler is a Traveler, so I'd be happy to work with any of them. People may be more comfortable with one Traveler's personality, so that may be the Traveler they like to work with. But, really, you are working with the *Traveler*, not a personality. This personality you have known as "J-R" isn't doing it and never has done it. It has always been the *Traveler*.

The best way to say it is that the Traveler through me has its initiates, and the Traveler through John Morton has its initiates. John-Roger has no initiates. It's just the time period when the connections were made.

Q: Why isn't John Morton doing some things the same way you have done them?

A: The Traveler's work is Soul Transcendence, and that is done almost exclusively on the inner, spiritual levels. The outer things that the Traveler does have varied greatly from Traveler to Traveler over the centuries. There have been Travelers who have been unknown to most of humanity in their personality forms, there are Travelers who have been very well-known, and there have been a lot in between. The important thing is that the *Traveler energy* is here on the planet for everyone to partake of and use to go higher in Spirit.

The Traveler is very good at the inner. Sometimes he's not so good at the outer. Out here, the Traveler stumbles and stubs his toes just like everyone else because that's what physical bodies do.

Just because I have done certain things, that does not mean that John, as the Traveler, needs to do them. I had to discover what it

meant for me to be the Traveler, and it's also important that John continue to find his own way of being the Traveler, which may be very different from the way I have done it. It may also be the same in some respects. It's up to John to discover this for himself, just as it has been and will be up to each Traveler to find this out individually.

Q: I sometimes have problems with your personality, and I don't want that to get in the way of the spiritual work you do with me. Do you have any advice?

A: There's no need for you to like my personality. The best approach might be for you to just get along with it—be neutral about it—and work with the Mystical Traveler inside of you.

What the Traveler does, he does from loving. Even when he brings correction and holds you to your responsibility, he does it from loving. It may not always sound that way at first, but it is the motivation behind the action.

The Traveler Consciousness uses my physical form and John Morton's physical form to do some of its work here, which is how it's set up in Spirit. But the vast majority of the work that the Traveler does is on the nonphysical realms, helping people work through karma and become more aware of their own divinity. John and I are here physically as reference points to, among other things, help people validate their inner experiences and share the teachings as they come through from the Spirit. So focus on the Traveler in Spirit because that's where the deepest and most real connection is made, and it's this inner spiritual connection that endures beyond this physical life.

Q: How do you work with us here, on this level, as the Traveler? Is it to love us?

A: Yes, and that takes many forms. When someone is teaching, he often finds himself in the position of admonishing. Sometimes it's done through joking and laughter. Sometimes it's done through turning away from a person. Sometimes it's done in a very sharp tone. Sometimes it's done by telling them to leave and seek elsewhere at this time because they need another discipline before they can handle the spiritual one. These are all techniques that the Mystical Traveler uses, plus many others. But if you remember that that Consciousness loves you more than you can hope to love yourself and would never bring you anything except the ultimate of self-realization, then you would realize that, indeed, you are already walking with the Beloved.

The experience the Traveler brings to you has to do with Spirit, with God, with pure love that transcends all lower levels and lifts you into Soul-and then beyond. The experience the Traveler brings you is Soul Transcendence.

Q: Does the Traveler work with a person on the person's own inner levels or on the outer levels, the ones that exist independently of the person?

A: When the Traveler, as a consciousness existing separately from a person, works with the person, this is usually on the outer levels, though the Traveler may occasionally work with the person on the inner levels, too.

The Traveler Consciousness exists on every level of a person's consciousness, so in that sense, the Traveler works with a person on the person's inner levels. (This is what is meant by the Traveler within or the Inner Master.) This work on the person's inner levels is a minor part of the work. The major part of the work is outside of the person, in the greater part of the spiritual worlds, including transcending all the lower levels and, also, the Soul realm and going directly into the heart of God.

Q: Sometimes I find myself longing to be with you physically, and, realistically, that's not possible. But I still really want that.

A: Sometimes when a person needs to spend more time going inside to nurture their relationship with the Traveler Consciousness within them, Spirit will bring forward a yearning to be with me (or John Morton) physically. It's one of Spirit's ways of helping the person remember to turn inward towards the Traveler. So, your wanting to be with me physically may be Spirit nudging you to spend more time finding within you what you seek. And when you do, it will fill you more than you ever thought possible, more than any physical being-together could. Relationships on the physical level end; that's their nature. The spiritual relationship with the Traveler is eternal, so focus on what is eternal, and you'll always find the Traveler right there.

Q: During the hours before my mother passed away, she "saw" you, though you were not physically in the room. An actual fragrance filled the air. The following day, I had the honor of personally preparing her body for the viewing. Again, this same fragrance was present- every flower-most magnificent and beyond description.

A: The presence of the fragrance is something I haven't talked much about publicly. You picked up the Traveler in another way that is also valid.

Q: What will we do when you die physically?

A: The teachings are inside. And as people work them and own them and validate them for themselves, they don't give a darn if I'm here physically or not because they know what works. That's why these teachings have been written down in the Soul Awareness Discourses and recorded on tapes, so that when I go physically, the community will hold the teachings intact, and they'll be a tremendous light to the world.

There always has to be a Traveler here physically, so there will be a Traveler here after I leave the physical body. He may be in Europe or South America or someplace else, but you'll still be in contact with him. And I will still work spiritually with those I've initiated even after I leave the physical body. That can't stop. The next Traveler will take over the initiates that I have under my energy field, and they will be in contact with me spiritually through him. And if he is not available physically, my initiates and I will still be in contact spiritually, the same way it is now.

Q: What can I do for you?

A: Let your devotion to your Soul and your love be your gift to the Traveler. There is nothing else that is necessary.

Each day, you need to choose the experience of your Soul. It is always your decision. What it comes down to, always and forever, is the commitment to yourself. And that starts when, ten billion times a day, ten billion percent, you commit to the upliftment and the unfoldment that is your spiritual nature.

Q: Is the Traveler referred to in the Bible?

A: Not by that name. But there is a Bible passage (1 Corinthians 9:19-23) that could be called the creed of the Travelers: "Though I am free and belong to no man, I make myself a slave to everyone, to win as many as possible. To the Jews I became like a Jew, to win the Jews. To those under the law I became like one under the law (though I myself am not under the law), so as to win those under the law. To those not having the law I became like one not having the law (though I am not free from God's law but am under Christ's law), so as to win those not having the law. To the weak I became weak, to win the weak. I have become all things to all men so that by all possible means I might save some. I do all this for the sake of the gospel that I may share in its blessings."

Q: Can Soul Transcendence be achieved instantaneously, or does it take a long time?

A: There is a record kept on each person of their credits and debits. To use a money metaphor, you may have a $5 credit and a $10 debit, so you need five more credits to balance that. Thus, you put in $5 worth of labor so you'll have something to balance that. You can't go permanently into the Soul realm with a debit.

The Traveler said, "Do you love me?"

The answer was, "Oh, yes."

The Traveler said, "Then there need be no more worry or concern. Take that love and put it into what you are doing. By putting love into all things, you overcome all things. I am in all things. You just haven't seen that yet. So you must look through the eyes of love into all that you do."

Some people will come to me and ask for a spiritual blessing of some sort, and I'll check their record to see what they have been doing. It may be that they have to go through a particular experience first and that the blessing cannot be released for them before they have that experience. But if they have a $20 debit and a $5 credit and if they go through this experience, they may come out with a $40 credit. So even though the experience may seem like a pretty difficult thing, it may really be a blessing in disguise.

You can't reach the spiritual realms unless you work for them. All I do is tell you what's there. But you can work out many things in realms other than the physical realm. A lot of your karmic situations are worked out on the spiritual levels with the Mystical Traveler if he is working with you. Your debits can be balanced out in a hurry. You may go to bed at night and say, "All right, I'll do the work that has to be done." So you may be "sweeping the floors" or "taking out the trash" all night long. Sometimes it can seem unpleasant, but if you can do it with loving determination, you may get some credits

for yourself. And you know you can go through it because you know that you will never be given anything you can't handle. If you can remember that, things can become pretty easy for you.

I doubt very much if the teachings of the Traveler are going to save the world. They're not designed to do that. They're designed to free you from the world.

Q: I would like to know more about my karmic pattern this lifetime.

A: It is Soul Transcendence, to live and be in the presence of the living God and to know that. The way to do that is spiritual exercises. The Traveler helps you work off karma, but you have to remember that as an initiate, your connection through the Mystical Traveler is your connection to the Holy Spirit. I am a physical body; John Morton is a physical body. The connection is not through our bodies. It's just that we have awakened to the Traveler Consciousness. And all the time we're with someone, our Traveler inside is knocking at your Traveler inside, saying, "Awaken, awaken." This is almost all it does. Then, when you awaken, you feel the difference inside and become interested in going up to see God.

John Morton now shares the Traveler mantle (the keys) with me, and we see to it that as you travel, you are secured on the levels of the astral, causal, mental, and etheric. Unless you turn from the Traveler, you are assured to transcend at the time of death. If you do spiritual exercises, you have a better chance to open your eyes to see what's going on, but you won't progress any faster or any slower because the Traveler does 100 percent all the time. Spiritual exercises are for you to open your spiritual eyes, to see what's going on, and then to use that information here as much as you can.

Soul Transcendence is your heritage. Awaken to the Lord living in and through you. The Traveler's love is with you, and his heart awaits your greater awakening.

For More Information

For an explanation of personal-use and public-use MSIA materials, please see page 1.

"Impressions of the Soul" (Personal-use audio seminar #2060). A beautiful seminar on how to find the Soul.

Divine Essence (Baraka) (Paperbound book, ISBN: 978-1-893020-04-7). A profound explanation of the spiritual forces that work with the Traveler in MSIA, awakening to your God essence, and the spiritual work of the Traveler.

The Path to Mastership (Paperbound book, ISBN: 978-0-914829-16-4). The path of initiation, the work of the Traveler, and the inner path of mastership.

The Wayshower (Public audio packet #3901). Delightful stories about J-R's own "Search for a Master" in one seminar and profound information about "The True Self" in the second seminar.

The Traveler shows you the direction and walks with you into your awakening. Everything supports your doing this-every experience, every person you meet, every place you go. There is no situation that cannot lift you and point the way into your experience of the presence of God.

"When the Mystical Traveler Works with You" (Personal-use audio seminar #2053). The Traveler can bring the experience of God, which leads to freedom.

"My Kingdom for a Horse" (Personal-use audio seminar #4018). A classic seminar that includes J-R's story of when his guru sent him

to buy horses, including his struggle to lift himself from the confines of his ego.

CHAPTER 8

INITIATION

To be an initiate of the Traveler is to devote yourself to the God within you, to Spirit, and to returning to your home, the Soul realm, from which you originally came before you incarnated onto this earth.

Overview of Initiation

Since Soul Transcendence is the focus of the Mystical Traveler's work, it follows that initiation is central to MSIA. Students in MSIA are initiated through the Mystical Traveler Consciousness into the Sound Current, the audible stream of energy that comes from the heart of God. The Sound Current is the basis of all life and is often called "the Word" in the Bible.

I am going to explain initiation in MSIA through the Traveler Consciousness so that you can have some idea of how this works. And also look to your own inner experiences for verification and expansion of what I say here.

Levels of Initiation

There are thirty-three Sound Current initiations. The first is the physical, which takes place when a person is born here on the planet. The second is the astral initiation and deals with the imagination; it happens in the night travel (the dream state) after a person has in some way come in contact with the Mystical Traveler. The astral initiation is not anchored physically at that time, and the person may do no more with it in their lifetime. The next initiation is the causal, dealing with the emotions, and it can take place after

two years of study with the Traveler in MSIA. Then can come these successive initiations: mental (dealing with the mind), etheric (dealing with the unconscious), and Soul (which is who you truly are). There are also twenty-seven levels of initiation above the Soul realm. As you have probably noticed, these initiations correspond to the major realms discussed earlier in chapter 2, The Realms of Spirit. When a person receives initiation, they are initiated through the Soul, so in that sense everyone who has been initiated in MSIA is a "Soul initiate," though they are not necessarily a "Soul-level initiate."

Receiving the Initiation Physically

At the time the causal, mental, etheric, and Soul initiations are anchored physically, the person meets with an initiator cleared by the Traveler to do this; the Traveler works spiritually through the initiator, but it is the Traveler who takes spiritual responsibility for the initiation. The person is given the name of God on that realm to chant inwardly (at the causal initiation, the person is given both the astral and causal names). These initiation names—or tones—are charged with spiritual energy by the Traveler Consciousness for each person individually. Each level of initiation has to be maintained—both after it is clear in Spirit to receive it and after it has been connected physically. That is part of what "eternal vigilance" is all about.

Sound Current Initiations and Light Initiations

An initiation to one of the major realms, described above, is called a *Sound Current initiation*. A Sound initiation has to be given by a Sound master, somebody who has a key to it, such as the Mystical Traveler. In contrast, a *Light initiation* takes place when you move from one level to another within a major realm. For example, let's say you are an initiate on the mental realm. On that realm, there are the astral, causal, mental, etheric, and Soul levels. There

are also levels within those levels, and levels within *those* levels. When you pass from one level to another within a major realm, you receive a Light initiation. As you can see, there can be many, many Light initiations within one realm, including each of the twenty-seven realms above Soul.

A lot of people are studying in the Movement and want to be initiated. To me, that's really the thing. If you're not going to be initiated, why waste your time? Go do something else.

Studying Towards Initiation

As I said, before being initiated by the Traveler into the causal realm, a person needs to have studied the Soul Awareness Discourses for at least two years. (A list of Discourse titles is in Appendix 3, and they are described in more detail in chapter 12, Studying in MSIA.) The person also needs to be free of any recreational-drug use for at least six months before applying for the causal initiation, as the use of recreational drugs is incompatible with a person's spiritual study with the Traveler. (For more on this, see chapter 22, Health.) People are asked to write and mail a letter to the Traveler as soon as they have made the decision to study towards initiation; doing this is a way of bringing their inner commitment into the physical world and lining up all their levels of consciousness in support of their decision. In other words, it helps them make sure they really want to do it. The Traveler then works spiritually with the person to clear enough karma that the person can eventually be initiated.

You don't get things in Spirit because you think you ought to have them; you get them because you work for them. The grace of the Traveler is extended to you and will assist you, and you must still do the work yourself.

Some people have told me that they think two years is too long to wait for initiation, but these first two years of study in MSIA are very important. They give the person a chance to check out the Traveler and the teachings and to make sure that this is a spiritual path they want to follow.

Discourses and spiritual exercises (s.e.'s) are two of the main ways the Traveler works with people in MSIA. (See the following chapter, Spiritual Exercises and Soul Transcendence, for more on this.) It is a good idea to take time each day for spiritual attunement through s.e.'s and to do them often during the first two years of study in MSIA. Building a strong habit of doing spiritual exercises and spending time with the Spirit within can do much to help a person build a firm foundation and prepare a place for the tone that is given at the time of initiation.

The Traveler will work spiritually with a person as much as they request and allow it, even if that person has not yet received causal initiation. Specifically, if your intention is to work closely with the Traveler and to be initiated and if you ask for the Traveler's guidance and protection and then open to receive it, it is extended to you. Your intention is a crucial element. Generally, those who are studying for initiation and have that as their intention do get initiated. There have also been times when a person asked for initiation consciously, but being initiated was not in alignment with them spiritually, so they did not receive initiation. In addition, even if you write that you are studying towards initiation, you are totally free not to apply for it later.

The Traveler's contract with you is to establish you in the consciousness of Soul. You can trust that like you trust the sun coming up. It will hold until it is

completed.

Mutual Commitment of Traveler and Student

There are different levels of mutual commitment between the student and the Mystical Traveler. For example, studying the Discourses for information is one level. Studying the Discourses towards initiation is a greater level of mutual commitment, and the Traveler can generally work more closely with this person to clear karma. Then, when a person receives the causal initiation, a promise is made by the Traveler under whose energy field the person is initiated: the Traveler agrees to work with the initiate until the initiate has received the Soul-level initiation, unless the initiate turns from the Traveler. At the time of Soul-level initiation, that promise of the Traveler to the initiate is complete.

If an initiate dies physically before receiving the Soul-level initiation, the Traveler continues to work with the person (actually, the Soul) on the nonphysical levels, because the promise the Traveler has made to the initiate is that he will stay with them until they reach the Soul level, no matter if he or they die from the physical level, unless they turn from the Traveler.

Karma and Initiation

When you receive an initiation on one level, this does not mean that you have cleared all the karma on the levels below that. In fact, there are massive karmas on the nonphysical levels, and the Traveler works with you to clear enough karma that you can receive initiation. It is a little like boring a small hole up through a huge plank, through which you can move to the next higher level.

After Soul-Level Initiation

When a person receives Soul-level initiation, it is then time for them to clear the karmas on the lower levels that are still there, and the Traveler who gave the person their first initiation generally works with them to do that, although there are occasional exceptions. Almost all Soul-level initiates go back down to the lower levels and clear karmas there.

Sometimes, a Soul-level initiate and the Traveler will make the spiritual decision to work together in the realms above Soul. This is not a promise but is a two-way agreement, and either side (the initiate or the Traveler) can call it off at any time by giving notice to the other. This decision originates on the higher spiritual levels and has very little to do with anything on this physical level. In other words, an initiate may consciously think that they want to work in the realms above Soul, but this may not be in line with their highest spiritual progression.

Some people have told me that they experienced more challenges after Soul initiation than before and have wondered if this was connected to getting the initiation. No, it is not. Initiations are for the higher spiritual levels. For example, as a Soullevel initiate, you could reexperience some of the causal-realm karma that you did not clear when you were on that level, and you now have an opportunity to clear it. But, still, this is not *caused* by your having received Soul-level initiation—or any initiation, for that matter. You have karma to deal with in a lifetime, and it comes up whether or not you are studying in MSIA or are an initiate. In fact, it is *because* you are an initiate that you get to clear it and not carry it over to another existence, and working spiritually with the Traveler can make going through it easier.

Initiates know that whatever comes their way is for their continual awakening.

The Traveler's Work with Initiates

The Traveler's protection is extended on the spiritual levels, and I do what is spiritually permitted for the initiates on the physical level. That does not necessarily mean that things will go as the initiate wants or that the initiate will not have to go through very challenging things. But my promise as the Traveler is to always be with the initiate spiritually, so when I say, "I am with you through it all," you can bet that is what I am doing.

The Traveler Consciousness is continuously working with all the initiates to assist them spiritually in their Soul Transcendence. There is no obligation on the Traveler to do anything at all on the physical level for any initiate or, actually, any person at all. The Traveler can sometimes assist a person on the physical level, but he always does it within what Spirit allows. If Spirit does not allow it, he would not step in and do it—both for himself (he does what is aligned with the Spirit) and for the other person (he does not want to take something from them that they would only have to go through another time).

When you get into the Soul realm, the Sound is the Light made audible. You can have knowledge of the Light and back off from it, but once you have tasted or drunk of the waters of the audible life stream, the Sound Current, you can never live without that again. You have set your foot upon the path of returning into the Supreme God.

Q&A About Initiation in General

Q: I just got the Soul Awareness Discourses and don't know if I want to study towards initiation. Have you and I chosen to work together spiritually? Am I one of the Traveler's?

A: The Traveler keeps extending and extending to *all* people, and that is one part of the choosing. The other part is that the person chooses back. If you want to take the next step towards becoming "one of the Traveler's," you could look into studying towards initiation. If you write that you are going to study towards initiation, this does not mean that you *must* apply for initiation. You

would decide that after at least two years of study in MSIA. Doing this does not obligate you to apply for initiation; it means that you are checking out the teachings at a deeper level of involvement. If you write this letter and then decide not to go for initiation, there is no harm done to you in any way.

Q: I have been feeling more sensitive since my initiation. Do you think the two are related?

A: The initiation and meditating can make you more sensitive to what has always been going on around you, and you may now know it.

Q: I am an etheric initiate, and I have noticed that I have begun to lose or forget things and kind of "space out."

A: There is no tie-in between being an etheric initiate and these other things. If anything, the initiation revealed to you what you were doing, but it didn't *cause* you to do it.

Q: I sometimes feel bad that I can't go to certain MSIA retreats and other events, and I am afraid that it will affect my spiritual growth and future initiations.

A: Attending MSIA events has nothing to do with your spiritual growth. That's between you and the Traveler and has to do with clearing karma on the spiritual realms.

As an initiate, you can participate in retreats and other MSIA events inwardly even if you aren't there physically. All the initiates participate in these events, even if their bodies are not there. Those who are there physically help hold the energy so that the spiritual work can be done for the people there and for those not there. And, as always, it's through doing s.e.'s and tuning in to the other levels that you are more likely to become aware of your participation on the nonphysical levels.

Remind yourself that you can move into the higher Light, the Soul, now. You do not have to wait for some future time when all your problems are solved and things are perfectly smooth. The experience of the Soul is here for you right now. You do not have to wait.

Q: I have had a really hard time lately and haven't done spiritual exercises or read my Discourses much. Have I blown my chances with the Traveler?

A: As long as a person is alive, they have not blown their chances with the Mystical Traveler. And ultimately, a Soul simply cannot blow its chances—because not one Soul will be lost. It's like asking if you've blown your chances with God. The answer is no, because there is always grace and forgiveness. And to receive of these, you need to be open to them and willing to let go of any hardness of heart, pain, etc., that might be in the way of letting them in.

Q: The greatest blessing in my life is to know you and to be an initiate. I pray there is nothing I could ever do to lose you.

A: I can never turn, and the Traveler is in everyone and cannot leave, but it can be inactive. There is nothing you can do to lose the Traveler unless you turn from the Traveler.

If you don't "see" any progress, don't worry. You can't necessarily equate spiritual progress with the experiences in this world. Don't look outward at what appears to be the progress or experiences of others. No two people are alike.

Q&A About Getting the Next Initiation

Q: I got a letter saying that it's clear for me to receive my next initiation. What makes receiving it on the physical level important?

A: It means that the consciousness can hold the energy here in the body, and it also solidifies the initiation in the consciousness. An initiation to the causal, mental, etheric, or Soul realm doesn't happen fully until it is anchored physically.

Q: I've been going through a challenging time recently with my work and my relationship—both at the same time. Is this clearing blocks so I can get my next initiation?

A: Initiations pertain to the higher spiritual levels and have nothing at all to do with you here physically. They have to do with the Traveler Consciousness, which can work with you in the Spirit to move through the necessary lessons on those other levels. So, it might be more helpful for you not to set it up so that you think you have to accomplish or clear something in particular on the physical level in order to receive an initiation. A better approach is to keep an open mind so that receiving your initiation is not locked into your idea of what you need to complete physically before receiving it.

When you chant your tones, you are singing the song of loving that has been sung by the saints and sages of all time. It's a joyful process.

Q: Will initiation to the next level bring more stress and intensity into my life—that is, more than I can handle? Or could it do the opposite and bring me more reserves to help me handle what I'm working on in my life now?

A: Initiation does not directly affect this life. Initiations are for the higher spiritual levels. As I've explained, a person has karma to handle in this lifetime, Traveler or no Traveler, initiation or no initiation. Also, God never gives you more than you can handle.

Q: If spiritual progress doesn't have anything to do with what I do here on the physical level, why are we asked to do

spiritual exercises?

A: Spiritual exercises are a method and a means by which you open your spiritual eyes to see what you are doing. When you see more of what you are doing, you may be better able to cooperate with it. Doing spiritual exercises is a little like tuning in and receiving pictures of what is happening in the other levels. S.e.'s give you that glimpse that lets you know that everything is being taken care of so that you can pay attention to the level that you are on. (For more on this, see the next chapter, Spiritual Exercises and Soul Transcendence.)

Be very selfish about getting to your next level of spiritual unfoldment. Love everybody, no matter what. Love yourself, no matter what. Present yourself daily to the Spirit. Make yourself available. Come into Spirit's presence.

Q: How will I know when I am ready for my next initiation?

A: You might have a dream or an experience in s.e.'s that indicates to you that you are ready for the next initiation, and you could write and ask about that. And if you don't get it internally, the Traveler will tell you externally.

Q: I wrote and asked for my next initiation, and you said it's not yet time for it. Can you tell me why?

A: When a person is not yet ready for their next initiation, it's almost always because there is just too much karma in the invisible/Spirit realms that still needs to be worked out, and that has nothing to do with this level. Also, a person can get the next initiation on the other side (for example, in the dream state) and still not be ready in their consciousness, karma-wise, to receive it physically. So they get a letter saying they are not yet ready for the next initiation. It's rare that a person receives the next initiation sooner than one year after the previous initiation, and it's usually at least two years. It can be longer, of course.

Q: Why is it taking me longer than two years to get my next initiation?

Your connection to Spirit through your initiation into the Sound Current of God is more valuable than anything else in existence.

A: There is no set time before getting another initiation, and it's all according to what is best for your Soul's progression. Also, a person has to be handling their personal karma in the physical level in a very satisfactory way, and then we look for initiation openings.

Q: I have been a Soul-level initiate for ten years, and you and I have agreed to work together above the Soul level, but I haven't received any further initiations. Is there anything I am doing to delay or interfere with my spiritual growth?

A: No. You are clearing karma. Be joyful.

Q: It would be inconvenient for me to come to the initiation appointment that the MSIA office wants to schedule for me. I mean, I can do it, but I have to juggle my schedule to do it.

A: That's fine. You don't need to come to the initiation appointment. The MSIA office will let you know when other appointments are scheduled—maybe in a couple of months—and you can see if you can come then, if it's still clear for you to receive the initiation.

Getting the initiation is each person's responsibility. It sometimes amazes me how many things a person will put in front of coming in and getting their initiation. On the other hand, some people have flown across-country to get the initiation. One man took a seven-hour bus trip to Los Angeles, got his initiation, and took a seven-hour bus trip back home that same day. Another person traveled for four days—by foot, donkey cart, and bus—to get to his initiation appointment in another country. So I don't have a lot of sympathy

when people complain about a two-hour drive or say the appointment is too early in the morning or inconvenient. It doesn't matter to me if you get your initiation, but I would think it would matter a whole lot to you.

Q: I would like you, personally, to do my initiation.

A: The Traveler Consciousness does all the initiations. The initiator stands and does the best they can, but they do not "do" the initiation. Get it very clear. The Mystical Traveler Consciousness does the initiations.

Q&A About the Initiation Going Inactive

Q: I was subscribing to Discourses for about seven years and got my first and second initiations. Then I stopped reading the Discourses for a couple of years. When I wanted to read Discourses again, I got a letter from the MSIA office telling me that I needed to start over on Discourse 1 and that my initiation was inactive. Why did this happen?

A: When you stopped your study with the Traveler (called reading Discourses), you began dropping your end of the initiation. When an initiate drops their end, the Traveler drops his end, since the Traveler does not inflict on anyone and respects their choices. Gradually, the person's tone goes inactive, and this usually happens when an initiate has allowed their Discourse subscription to expire for over six months. (This also applies to the subscription to Soul Awareness Tapes—SAT—when a person has completed the twelve years of Discourses.) When the tone goes inactive, it's a little like a battery running down and not having any energy. It can take some time of reading Discourses and doing s.e.'s to get the battery (tone) active again when it has gone inactive. The person's initiation tones will be reactivated as the person moves up the levels, and it will be done spiritually as it matches their intention.

The guideline is that if a person stops reading Discourses for 1-1/2 years or more, they need to start over again on their Discourse reading, beginning with Discourse 1. When they are rereading Discourse 25 (two years of studying the Discourses again), they can check back and see if their tone is active again. Is studying the Discourses just a technicality? In a way, yes, but it's a necessary one. It is for the discipline of all of us to hold the initiations once they have been given. Discourses are a point of attunement with the Traveler, as well as an initiate's study with the Traveler. (This also applies to the Soul Awareness Tapes after a person has completed the twelve years of Discourses.) Some people have thought that they could just order the Discourses and not actually read them and still remain "active." Sure, they are active on the MSIA mailing list and counted as active in terms of attending MSIA events, but in the spiritual realms, where it really counts, are they active? Maybe, and maybe not. I've initiated a lot of people, but not all of them are initiates.

Q: So, when I have finished rereading Discourse 25, will I be reinitiated?

A: There is no reinitiation if you have received initiation before. It is a process of your initiation tone becoming active again.

Q: I was an initiate in MSIA many years ago and then stopped for several years. During the time I was not moving in MSIA circles, I spent memorable time with you in the dream state. Does this have any bearing on the reactivation of my initiation?

A: No. I spend time spiritually with many who are not in the outward MSIA. They are being prepared for further evolution.

Q&A About the Initiation Tone

Q: I have heard that there is more than one Sound Current. Is this accurate?

A: There is the Sound Current, the basis of all life. Others may call something the Sound Current, and it may or may not be that. Some sounds are more directly reflective of or in harmony with the Sound Current of God than others. The tones chanted in MSIA and your initiation tones are in close harmony with the Sound Current of God.

Q: When I chant my initiation tone, which is saying the names of the Lords of the astral and causal realms, I feel like I'm praying to lesser Gods, not the Supreme God. Does chanting the names of the Lords on the different realms violate the principle of worshiping one and only one God?

A: No. Only the Supreme God is worshiped in MSIA. When you chant your initiation tone, you are not praying to or worshiping the Lord of the realm. Your ultimate goal is the Supreme God. The Lord of the realm is like a mayor of a town or area you're passing through on your way to God's castle. You need to go through fields, mountains, gorges, deserts, etc., in the mayor's province. Chanting the name of the Lord of that realm helps you go through that area in the most direct way possible. And, of course, the Traveler is your companion on the trip, too.

When you chant the names of God, as given to you by Spirit at the times of initiation, you are invoking the frequency behind those names. Each sacred name you chant reflects the essence, and therein lies the power.

Q: What does it mean when you say that my initiation tone is "charged" for my frequency?

A: You have a unique energy vibration, as does everyone. When you were initiated, the Traveler spiritually charged the tone, which could be seen as putting "spiritual life" into it. (Otherwise, the words would be just words.) The Traveler also adjusts, or "tweaks," the vibration so that it is in harmony with your personal vibration

and becomes *your* tone on a very personal level. No one else's tone vibrates at that same frequency.

Q: I haven't been chanting my tone much, and I'm wondering if this is hurting my spiritual progression.

A: Your spiritual progression is based on a Mystical Traveler helping you clear karma in the spiritual realms. Chanting your tone (doing s.e.'s) is for you to become more aware of this work.

> *There is an inner society that exists among the initiates of the Sound Current. It is a great inner society. We are all in contact with other initiates all over the world and in worlds beyond.*

When initiates of the Traveler chant, they chant for all initiates. So when one of us isn't doing our part, the Traveler's initiates may be chanting partly for that person. I'd suggest that you chant your tone so that you can know that you are doing your part for yourself. Also, I chant the tones for each of my initiates if they don't chant, unless they make it known to me that they want nothing to do with me.

Q: I am moving on from MSIA and return my tone to you. May I meditate on it until I am given another one, or is it better to let it go now?

A: Once you have let the tones go, they go. Each tone is built on the next one. Once you let go of the tones and the connection to the Traveler who initiated you, it can be difficult to reconnect them. Haven't you got it clear how much karma has been cleared from you already in this lifetime? Well, if you haven't, you will have the rest of your life to think about it.

The tone will work for a short period of time somewhat in relationship to how long you have had it and how well you have done spiritual exercises. You will be able to tell when it is starting to

disconnect, as the negativity starts to move on the things that you may have found of value. At that time, pray for your Soul's strength to guide you. Don't mistake something that may appear to be of simple value as being simplistic.

Initiation is to the higher levels of Light. The more you chant your initiatory tone, the more you are affected inside. Some of the changes will be so subtle that you might not even notice them at first. Then you might find that you are being of service more and more or that your attitude has changed.

Q: Can the initiation tone ever be used for anything on this physical level?

A: Once there was a drought in a particular part of the world, and I gave the people there this technique for assisting. Stand together facing where you want the clouds to mass and have moisture in them for the "raining time." Then, while keeping your intention in mind, silently chant your initiation tone while your arms are outstretched towards the area. Five to fifteen minutes should be ample each and every time that it is done. It can be done as a group or individually when you feel like doing it. And you can mix these, i.e., in groups, then singles, and then groups again. Mixing or doing it one way—all is fine.

Q&A About Initiation and Reincarnation

Q: Does an initiate have to reincarnate?

A: If a person has been initiated to, say, the mental realm and if the person dies physically, the Soul does not *have* to return to the physical, astral, or causal level. The Soul may *choose* to take on a physical body in order to have the great opportunity afforded by the physical realm: moving into the Soul realm directly from the physical level. Alternately, a Soul on the mental level in Spirit could

also work through the mental level, move on to the etheric level and work through that level (we're talking eons here), and then move to the Soul level. It can be a straighter shot from the physical level to the Soul level. Only from the Soul level do you not *have* to reincarnate. Any other level below that is "reincarnation rag."

Q: I'm afraid that if I don't move on a business venture that has come up for me, I will have to reincarnate because I won't be complete.

A: That is not the reason for reincarnation. The reason for reincarnation is not being connected to the Sound Current.

Q: Does one's ability to work off karma and break free of the wheel of incarnation improve with each new level of initiation above Soul?

A: Yes, if the initiation is *maintained* until death occurs.

Q: Assuming I maintain the Soul initiation until death, what actions, thoughts, etc., would earn me a return trip?

A: If you maintain the Soul-level initiation, there would be very little, if anything, that you could do here that could "earn you a return trip," though turning from the Traveler and your initiations could do that.

Q: When a person has been established in the Soul realm and if that person decides to come back and help somebody else get going spiritually, can that person blow it and need to incarnate again?

A: Sure, anyone can fall. That's one reason why you walk very cautiously and why you say, "I'm not picking up your karma, love. Work it out yourself. I'll help you by staying here and encouraging you, but I'm not taking it."

Q&A About Soul Initiation and Above

Q: Does receiving the Soul initiation physically make it harder for me to maintain the physical level?

A: Not necessarily.

Q: Will getting the Soul initiation physically open a kind of Pandora's box and give me a lot of new issues to deal with?

A: It doesn't necessarily open a Pandora's box, but it does mean that the Traveler's promise to take you to the Soul realm is now complete. After Soul initiation, you then get a chance to start clearing all the karma that was held back while the Traveler assisted you to move up through the levels to the Soul realm. If you do not turn from the Traveler, the Traveler who gave you the first initiation usually continues to work with you to clear karma on the lower levels.

Q: What happens after Soul-level initiation?

A: After Soul-level initiation, about 90 to 99 percent of all initiates will go back down into the lower levels and want to clear karma. Why? Because they have the omnipotence of God present with them, and a person can clear a lot of karma from the Soul level that they can't touch from the levels below the Soul.

Some Soul-level initiates want to go into the levels above Soul, and there are a lot of reasons for this. One is the ego: "I can tell people I've been initiated one or two levels above the Soul, and I'll be better and greater and wiser than the whole group." That's not true. That may be all you're going to do. And when the others die, they may go up a lot of levels higher than you because you may go just to the level of your last initiation.

If you receive and maintain the first Sound Current initiation above the Soul level, this secures the Soul-level initiation; put another way, it establishes you on the Soul level. Other than that, I would suggest that you not go for initiations above Soul level but that you go for clearing karma because that is what's holding you. It's not lack of initiations that holds you; it's too much karma. So

when you can get high enough to clear karma below you, I'd suggest you just get busy. Be a real happy "eater."

Q: Is it still all right to turn to the Traveler for protection after Soul-level initiation?

A: Yes. You may be going down into the lower levels—astral, causal, mental, etheric, some sublevels—to work out karma. The Traveler will work with you and watch. But it's not the same way as it was before Soullevel initiation because you're pulling your own energy fields down through the lower levels. The Soul may seem to be "stupid" or "dumb" in that it doesn't discern that something may be too much, because it doesn't see *anything* as too much. So you have to lift to a higher level of awareness to say, "It's too much to keep at that. Move off into another level." And the Soul goes, "Oh, sure."

The Soul is so readily moveable and can be beguiled so easily. But the Traveler takes you up through the levels of consciousness and initiates you into mystery schools in the spiritual levels, where you're taught and shown the deceptions of the realms below the Soul. So when someone comes to you inwardly and says, "Come over here," maybe somebody else from a Traveler's mystery school comes and tells you, "Don't go at this time. You can go at a later time." That's like saying, "You know, you're going to lead yourself astray in this other level and build karma here, instead of dissolving it." We're not in the business of building karma.

Having an agreement to work with me above the Soul level means that you are working with a more refined energy. Clearing the karma from above Soul can be like dusting a glass; clearing it from a lower level is like having to break up granite.

Q: After Soul-level initiation, when I have questions or issues, may I still write to you about them, and may I still regard you as my spiritual teacher?

A: Sure, you can still write and ask questions about things.

Once you've been initiated to the Soul level, my agreement with you is technically over. When you got the causal initiation, I said, "If you don't turn from the Traveler, I'll stay with you to the Soul level." And so a lot of people get scared and say, "I don't want to get Soul-level initiation because I'll be abandoned." No, you won't. You'll be in a form of God consciousness more than you are now. You're in it here, but it's being restricted by a whole lot of conditioning around you. And as you get up higher, those conditions leave and you start to become aware of it.

I don't think you're going to have any fear on those higher levels because I've never seen it exist there. But when you come back down here and think about it, you may have some fear because you're creating it. So if you just say, "Well, good gravy, this is what I was going for; I'll take it and see what happens from there," then we may agree to work higher in the levels above the Soul realm.

After Soul-level initiation, it's almost as though nothing really changed. You may wonder, "Why was I so anxious?" It's because you were so anxious. There was no reason to be.

Q: I have received Soul initiation, and you and I have not yet made an agreement to work together above the Soul level, so I must be clearing karma on the lower levels. This is okay with me, but I haven't felt connected to the Traveler, and I wonder if there is something going on here that you can tell me about.

A: What you describe is rare, but it sometimes happens. You chose to work off karma in the lower levels without the assistance of a Traveler. This is one of those things that is decided on the inner levels, and it was both a result of karma and a clearing of karma. This is one of the reasons you haven't felt a sense of connectedness with the Traveler.

Q: Is there anything I can do about this?

A: Well, there is karma to clear, whether you like it or not, so you might as well approach it with a positive attitude, like, "Hey! I get

to clear some karma here!" There's not much choice other than to keep on keeping on. And if your intention is to continue on with the Traveler when the karmic flow clears, then hold that as your focus.

Q: You and I have an agreement to work together above the Soul level. How will I know if I have received any initiations above the Soul level, and do I come in to get initiated like I did for the other initiations?

A: There is no pattern as to when above-Soul initiations take place; they happen when they happen. If you have any experiences that seem to indicate an initiation, you can write and ask me. Often, though, these initiations above the Soul realm are much more subtle than the ones below the Soul realm, and you may not bring back an experience consciously. If you do receive a Sound Current initiation above Soul, you do not come in for a physical initiation; it takes place on the spiritual levels.

Initiations above Soul take place even if a person is not aware of them, and there is no push to get them. They continue after a person leaves the body physically, and getting them in the physical lifetime is not more important than getting them after the physical lifetime.

Also, there are no more initiation tones given after Soul-level initiation. The five initiation tones (astral/causal, mental, etheric, and Soul tones) are enough to move a person into the heart of God, if that person gets a Mystical Traveler to take them up, and they are the only tones you need for traveling in the levels above Soul. There are many sounds in the levels of pure Spirit, but they do not work as transcendent sounds.

Q: Do I have to give up Jesus Christ if I am working with you above the Soul level?

A: No. The Christ energy and Jesus, as the one who manifested that consciousness so completely, are still available, and evoking them can be very powerful. This Christ energy is generally involved with spiritual work having to do with this planet and the levels up to and including the Soul realm.

Q: I was a little surprised when a friend of mine, who had received Soul initiation, decided not to continue in MSIA.

A: Many times, as we have seen, Soul initiates get the initiation and then leave. They won't stick around to help others.

Q: Are there more challenges as a person learns to hold more Light or is initiated to higher levels?

A: When you become a Light bearer, you become a focal point of struggle between the Holy Spirit and the negative forces. And the negative forces try to pull you off the path by doubt, fear, anger, frustration, avarice, jealousy—all the things that are negative. And this is why, if you've been dedicated and devoted, by the time you are traveling in the high realms of Light in this Movement, you'll be so staunch in your spiritual conviction that you can't be pulled off of it. If you haven't been dedicated and devoted, it can be harder for you.

Q: You and I have an agreement to work above Soul together, and to tell the truth, I'd much rather just be there. I don't have the greatest attitude about being here. I feel like I'm in a cage (the physical body) and often feel angry. The best I can do is acknowledge how I feel, turn it over to God, and be willing to be willing to change.

The Soul is everywhere. It's in the laughter. It's in the twinkle in the eyes. It's in the touch. It's in the empathy you experience when someone else is hurting. It's in the joy you experience when someone you love is happy. It's in all of that and more.

A: How you are handling it is a good approach. In a sense, the Soul *is* in a "cage" (the physical body), but it's a cage that has been lovingly and freely chosen before incarnation, even if you don't consciously remember that. Each successive sheath surrounding the Soul (etheric, mental, causal, astral, physical) is increasingly dense

matter. But the Soul still shines brightly and does not judge any of it, since it is getting the experiences it has chosen to get. When you feel trapped, rather than hanging on to that feeling and the suffering that can accompany it—called anger, sadness, frustration, self-pity, etc.—you might try asking to see it through the eyes of your Soul.

Q&A About Whom the Traveler Works With

Q: My boss is not in MSIA, and I put her in the Light daily. Will the Traveler work with her?

A: The Traveler can work with people to the extent that they invite and allow that; for the Traveler to do anything other than that would be an infliction. So the Traveler will work with your boss as much as she allows.

Q: I am an initiate. Will the Traveler work with members of my family, and are they equivalent to me in terms of how the Traveler works with them?

A: The Traveler may work with family members of initiates through the initiate. This is done at the level that the family member allows spiritually, because part of the nature of the Traveler Consciousness is that it does not inflict itself on anyone.

Family members of initiates are not automatically considered "equivalent" to initiates because there has not been the commitment between the person and the Mystical Traveler that is made at the time of causal initiation.

Q: Doctors say that my father will soon pass over. I have talked to him a lot about you, and maybe with all of that, he got his astral initiation.

A: That is true. Whenever an initiate mentions me, John Morton, or the Traveler to someone, that person gets the astral initiation very soon after that, most likely that same evening in the night travel. Your father benefits from your being an initiate and minister.

It is, of course, all spiritual benefits, but then that is where he is going now. You will see him there in your own way, most likely while you are asleep, but it is not restricted to that.

Q&A About Working with Other Spiritual Teachers

Q: I would like to receive initiation in MSIA and also work with another spiritual teacher whose teachings ring true for me. Is it possible for me to do this?

A: If you are a serious student of the inner teachings, it is imperative that you choose one spiritual teacher to study with. It is fine to change your mind if what you are doing doesn't work for you; however, it is not recommended that you have two spiritual teachers at the same time. In MSIA, this means that your spiritual teacher is John Morton or John-Roger if you are studying the Discourses towards initiation, are an initiate, want to be ordained, or are an ordained minister in MSIA.

If you try to work with two spiritual teachers, you will probably split your energy and not give yourself a fair chance, and you may even become very confused. In addition, you are not giving the spiritual teacher a fair chance of working with you.

People who are my initiates may be worked with spiritually by John Morton and vice versa. There is no conflict, as it is the Traveler Consciousness that is doing the spiritual work.

As you connect to the Sound Current, you are more open to receive the inner teachings. The inner teachings clarify and strengthen you in Spirit, and then you connect to the Sound Current on even higher levels.

Q: I am very attracted to a spiritual teacher in another country, and I am going there to study with him. May I have

your spiritual protection on this new path I am taking, as well as your blessing?

A: You have my blessing and best wishes on your new path, because I support you and everyone in their choices. As for protection, your new teacher would be the one to turn to, as you have now chosen to work with this person. Whomever you study with should be able to protect you spiritually. If not, you might choose someone else.

Q&A About the Traveler and Initiations

Q: When the Traveler Consciousness is held on the planet by someone who keeps the fact silent, how do people get initiated to the Sound Current?

A: Different Travelers have different spiritual missions depending upon the particular dispensation. Initiating individuals into the Sound Current may or may not be part of a Traveler's spiritual commitment. However, even if a Traveler were not known on the physical level (as many were not) and if spiritual initiations were to take place, there were agents of the particular Mystical Traveler who effected these initiations, although it was always the Traveler who held the keys and line of initiation.

If you put yourself into the mainstream of the current of Light and Sound, God's energy will propel you. All you have to do is align yourself with Spirit, relax, and allow yourself to move with the energy of Light as it presents itself to you. There is a tendency for this energy to throw you out as it increases. In order to stay directly in the current, you must keep yourself directed into it.

Q: Do all Travelers initiate to the Soul level and above?

A: There is a difference in the work of the individual Travelers. For example, some Travelers initiate people only into the causal

realm, and so that Traveler needs to come only from the mental realm to do this. (It's not necessary for that Traveler to come from a realm higher than the mental realm to do this.) At this time, I am the only Traveler working with people above the Soul realm.

Q: Do all Travelers have the keys to all levels above Soul?

A: There are no keys above Soul, only ability and awareness of the levels of awareness (initiations).

Q: I would like to study towards receiving the keys to the Traveler Consciousness.

A: All the Sound Current initiates are in training to be Travelers at some time on one planet or another, so the training is already happening, virtually entirely on the spiritual levels. There is nothing else for you to do at this point physically because becoming the Traveler (in terms of anchoring the consciousness of the Traveler) is a spiritual action that then is manifested on the physical level.

For More Information

For an explanation of personal-use and public-use MSIA materials, please see page 1.

"Initiation—Molding the Golden Chalice" (Public CD #2601-CD). The key seminar about studying towards initiation and being an initiate.

"Focus on the Transcendent" (Public audio seminar #2624). Information on initiation, some of the initiate's responsibilities, and the initiate's relationship with the Traveler inwardly and outwardly.

"God Is Intention" (Personal-use audio seminar #7354; personal-use video seminar #V-7354). The basic seminar about the crucial importance of intention.

"Nine Times Around the Triangle" (SAT #7346). About the levels above the Soul realm and how what you do here can affect your

Soul Transcendence.

“What Is Proper Spiritual Behavior?” (Public audio seminar #7343; public video seminar #V-7343). A close look at how what we do might affect us spiritually.

“The Sound Current: The Road Home” (Personal-use audio seminar #7493; English with French translation). A terrific overview of MSIA and initiation.

“The Divine Communion” (Personal-use audio seminar #3212). A beautiful seminar about knowing God, partaking of the divine communion, and knowing the joy of Spirit.

Initiates Seminars. If you are an active initiate in MSIA, you may get CDs of Initiates Meetings held by John-Roger. They have timeless information that can be a real wake-up call.

APPENDIX 1

Free-Form Writing

The unconscious is one of our most powerful influences because, by its very nature, we cannot be aware of its influence until it surfaces. We may find ourselves thinking, feeling, and doing things that we cannot explain or experiencing illness or pain with an unknown cause. The vastness of the unconscious is impossible to fully explore. It marks the division between our waking awareness and our true spiritual nature, and to become aware of our Soul, we have to cross that line into the unconscious. As we do so, we lose something of our daylight awareness. That is why so many people talk about their spiritual nature but so few are aware of it as a living experience.

For years, I have used free-form writing to help clear my unconscious. It is very simple to do. I have described below the way I approach it, a way I know works.

How to Do Free-Form Writing

1. Find a quiet place and sit down with a ballpoint pen and paper.

I also recommend that you light a candle because as you write, emotional negativity may come up and release into the room. Since it tends to go towards flame, having a lit candle may keep the room clear and the negativity away from you.

2. Allow a thought into your mind and transfer it into the pen and onto the paper.

You may not even finish a sentence before the next thought comes up. For example, the thought “go to the restaurant together” arises. As you write “go to the,” you may have another thought, so you

start to write that next thought. You do not need to finish the first one. The next word or thought that comes up may be “help,” and you may write “hlp.” That is fine because you know what you mean by it and you do not have to worry about spelling (or punctuation). But do not write in shorthand because that was not the form through which the thoughts and images lodged in your subconscious or unconscious.

It is important that you do not do free-form writing on a computer or a typewriter, since typing it does not carry the same impact and there may be too much negative energy releasing for the typewriter or computer to handle. Also, do not do free-form writing on a chalkboard or white board and then erase it. The energy that you released may stay in the board itself.

Free-form writing is a kinesthetic activity. The neural impulses from the fingers are sent back to the brain so that the writing actually releases and records the patterns of the unconscious. I call them the “beach balls,” those things we have suppressed for a long, long time and on which we have expended energy to keep under the surface. They can carry tremendous emotion. So at times you may end up writing very forcefully. That’s why I recommend that you do not write with a pencil: the lead can break and you lose the flow.

In some instances, you will find yourself writing as fast as you can, and at other times you will be writing slowly. But throughout this process, you should be writing continuously because there are always thoughts in your mind—and you are to write them down, even if they are, “I don’t know why I’m doing this. What should I write next? Hmmmm.” And do not be concerned if only “junk” is coming up when you do free-form writing; this means that the free-form writing is working.

It is very important when doing free-form writing that you do not just let the pen write. That is automatic writing, a very different process, in which you may be giving over your consciousness to something outside of yourself. Free-form writing is *stream-of-consciousness* writing, where you just write whatever comes into your mind. You are not giving yourself over to anything in this

process because you are in absolute control of what is happening. You also write with the hand that you normally write with, not your other hand; free-form writing is different from the technique of writing with the subdominant hand.

3. When you get through writing, do not read it over. Rip up what you have written and either burn it or flush it down the toilet.

Some people still feel the energy of what they have released even after they have burned (or flushed) the paper on which they did the free-form writing. It is important that you stop the process when you stop writing. Have a set amount of time to write, and when it is over, get up right away (mid-word if necessary), drink some water, move around, burn or flush what you have written right afterwards, and go on with something else. Also, do not go back in your mind to what you wrote or anything you went through or felt when you wrote it. Let it all go.

If you keep the paper, the lower levels of consciousness will hold on to the pattern, and the release will not happen. For the lower consciousness or the subconscious to release and let go of the things it has expressed, that paper must be destroyed. And after you have burned or flushed it, fill the empty space where the images and words were with loving and God. Do spiritual exercises, and allow the healing and the peace of Spirit to fill you.

After you have done free-form writing for any length of time, you may start to get some beautiful, inspirational, wonderful prose that you may want to keep, but when you are through with your session, you may forget where the beautiful writing was and want to read through what you wrote to find it. Do not do this because the energy and negativity that you released onto the paper can return to you if you reread it. Instead, as you are writing and thoughts are flowing through, take the pieces of paper on which you write the inspirational thoughts and set them aside, separate from the other writing. When you finish your session, rewrite the sections you want

to keep. Then you can rip up and burn or flush all the original pages.

4. Never share what you have written with anyone else.

If necessary, lock your door while you do free-form writing. If someone knocks, do not feel obligated to answer. You can tell people, "If my door is locked and it says, 'Do not disturb,' stay away. I will probably be out in a couple of hours."

5. Start slowly, but work up to writing for at least an hour.

Actually, two hours per session of free-form writing is optimal. Each person is different, but to notice some real changes, I recommend doing free-form writing for a minimum of three times a week for a minimum of three months. With practice, you can get to the point where you can do this in fifteen minutes, but it will probably take you a year or so to get to that point. You can start by doing fifteen minutes at a time; then increase it, the idea being to work up to sessions of one or two hours. Don't let the fact that two hours is optimal get in your way. As with anything I suggest, try it out as best you can.

The first time people approach this, they usually sit down and think, "I wonder what I should write." Instead, they should be writing, "I wonder what I should write. … Gee, this sure is stupid. … I think this makes me look like a fool. … I feel like such a phony … run … can't … yes … the green elephant was there … no … the cows jumped … I can't … I don't know why I'm doing it." You will see a flow begin, and then all of a sudden it may become jumbled. You may think, "I wonder why I wrote 'green elephant.'" Don't start doing that. Instead, write, "I wonder why I wrote green elephant." The writing will open the mind again, and the repository of jumbled information that has been holding energy will start to release.

The Effects of Free-Form Writing

As you do this technique, a wonderful thing can take place. Because your free-form writing is often a symbol of an inner disturbance, you may find that pressure leaves you as you write. Obsessive behavior or habitual patterns may suddenly disappear, and you won't even know what it was that was inside you or how it managed to get there. You will just know that it is gone. Often, it will feel like relief or a sense that somebody has taken a weight off you. The strange thing is that you will probably not be aware that it was there until it is gone. Such is the nature of the unconscious.

When it goes, I would strongly advise that you not even question what it was because you might find it and reestablish it inside. We are powerful creators. Just by thinking about how glad you are to be rid of it, you could reactivate your own memory of it and—poof!—it's in.

I emphasize this because it is very hard to get something out a second time. I am speaking from personal experience. I once relooked at something, and it took me fifteen years before I was able to clear it again. I was aware every day that I had not cleared it, so I just kept at it. And one day it went. I knew what it was when it released because of where it was expressing in my body. And I just smiled and got busy doing something else to distract my mind so I would not go back to see if I had really released it.

There is something crazy about our human minds. We say, "But is it really gone?" And, in doing so, we can bring it back. It is as if we were to quit smoking and then smoke another cigarette just to see if we really quit. Then we are hooked again. My advice is that when you let anything go, do not be concerned about it. Just let it go.

I have seen some phenomenal things occur with free-form writing; it has released people from psychologically restrictive patterns and from physical and emotional pain. Free-form writing does not do a great deal for you spiritually, but if you are feeling clearer and better about yourself, there is a very good chance you will feel better about doing spiritual exercises, which *will* do things for you spiritually. With your unconscious free, you will be in a better

position to be aware of your Spirit. As a stepping-stone to Soul awareness, free-form writing is wonderful.

When I see people grieving over the death of their loved ones, I can get drawn into it in negative ways. So I will spend a lot of time writing to free myself from this restriction. You can have a tremendous amount of empathy for others without letting their grief drag you under.

Free-form writing is like taking an onion and cutting a wedge through to the center. Then you leave a space, cut another wedge, and so on. If you leave the onion exposed to the air after cutting several wedges and do no more, the sections of onion that were between the wedges will dry up and peel away. And after a time there will be just a tiny seed left. In the same way, by releasing some disturbances through free-form writing, others still inside of you will fall away.

When, after free-form writing, you realize that you had been carrying excessive weight or baggage, rejoice in the feeling of freedom. When something releases, immediately stand up, stretch, and move around physically to experience your new freedom. If you let the area get rigid and tense, you may have another problem to deal with. You will often feel a sense of diminishment taking place, as though you are moving backwards inside of yourself, away from things; they are getting smaller and smaller as you move back. Don't be disturbed. That just means that you are moving away from the materiality of the world.

The CD set called *Living in Grace* has a CD that explains free-form writing and, also, has music that you can use as background to your free-form writing if you like. It is public CD set, ISBN: 978-1-893020-38-2.

From *Webster's Ninth New Collegiate Dictionary*

Mystical: **a**: *having a spiritual meaning or reality that is neither apparent to the senses nor obvious to the intelligence (the ~ food of the*

sacrament) **b***: involving or having the nature of an individual's direct subjective communion with God or ultimate reality (the ~ experience of the Inner Light)*.

Traveler: **1**: *one that goes on a trip or journey* **2** *: an iron ring sliding along a rope, bar, or rod of a ship* **b**: *a rod on the deck on which such a ring slides* **3**: *any of various devices for handling something that is being transported laterally*.

Consciousness: 1 a: *the quality or state of being aware, especially of something within oneself* **b** *: the state or fact of being conscious of an external object, state, or fact* **c** *: awareness esp: concern for some social or political cause* **2** *: the state of being characterized by sensation, emotion, volition and thought: mind* **3** *: the totality of conscious states of an individual* **4** *: the normal state of conscious life* **5** *: the upper level of mental life of which the person is aware as contrasted with unconscious processes*.

APPENDIX 2

An Informal History of MSIA
Pauli McGarry Sanderson

Editor's note: In December 1988, J-R had held the consciousness of the Mystical Traveler for twenty-five years, and over one thousand people came to a gala dinner on December 18 to celebrate. Pauli Sanderson, who has worked with J-R since the early days and who was on the MSIA staff for many years, wrote an informal history of MSIA as an anniversary tribute.

Think of the last 25 years of your life. Think of the variety of things you have done, the successes, the disappointments, the changes, the priorities you've had, etc. Think of holding one single focus for that amount of time. Perhaps you have, and so you know the process involved. Perhaps you're learning how to do that and can imagine what the process might be. J-R has held the focus of the Mystical Traveler Consciousness since 1963. He has said that he can forget a lot of things, but he never forgets he is the Traveler.

Tonight we celebrate and honor J-R, our beloved friend, and the work that he has done over the last 25 years. When I was asked to write something for this evening, I said, "Sure," and thought, "What could I possibly write that would do justice to the subject?" Then I decided that nothing could actually do justice to the subject, which gave me a lot more freedom. So join me as I take a walk through some of my memories, share some stories, and say to J-R, "Thank you," and "I love you," not just from me, but from all of us.

I remember, in about 1967, J-R and I went to Disneyland one evening. We went on the usual rides, ate the customary frozen bananas, played at the target ranges in Frontierland, and then, for a rest, hopped on the Santa Fe Railroad for a ride around the park.

Somewhere near the primeval forest, he began telling me about his relationship with Spirit and God, the spiritual awakening he had had in 1963, and the spiritual consciousness that was present with him. I don't know if he actually said "Mystical Traveler Consciousness" during that first conversation. I know he talked about being given a "special dispensation" in order to be of service to humanity. I know he talked about setting aside his life as an individual and dedicating himself to this service. I remember hearing clearly that personal preferences and his personal life were not going to be of much significance in this new work. I thought what a difficult choice that would be and then, as he talked more, realized that it was no choice at all and so, perhaps, not difficult. His joy of discovery and his enthusiasm for serving were so much greater than any seeming sacrifice.

J-R told me of his awakening to the reality of Spirit, of his communications with beings of Light (he referred to them as "the boys upstairs"), of his experience of other realms, and of the potential that everyone had to awaken to the Light and Spirit within themselves and in the outer realms. He spoke of how so many people were "sleeping," unaware of the Light, unaware of their own divinity. He spoke of how the veils of forgetfulness could be lifted from their eyes, if they would allow it. He spoke of the work he would be doing to assist people into that awakening and said that it would be "big." I don't know whether he knew the size or scope of the work, as it would unfold in the years to come. I don't think it mattered to him because all he had to do (then and now) was follow as Spirit led.

He told me of Spirit and the Light, of realms of existence, of ancient truths, of miracles and the mundane—all in the matter-of-fact manner of someone discussing what he had had for dinner the night before. I remember thinking clearly—some hours into this talk—that either this man was completely crazy or I was privileged and honored to be at the beginning of an absolutely wondrous adventure.

At that time, I had known J-R for about three years as a fellow teacher at Rosemead High School. We had laughed, joked, played, and talked about many things. I knew he wasn't crazy. I knew there was no deception in him; I knew he was good and honest and loving. So if he wasn't crazy, what he was saying was opening worlds and possibilities beyond anything I had ever dreamed of. Something inside of me sang, "Yes!" as he spoke. Silently, I asked, "Can I come, too?" His answer was, "If you would like to be a part of this and share the work, you're welcome."

This was how I first became aware of the Traveler and his work. I have been blessed to be part of the work. It has been every bit the wondrous adventure—and much, much more—that I thought it would be on that long-ago night. My experience, I'm sure, only differs somewhat in content from everyone's first moment of being awakened to the Mystical Traveler Consciousness and the joyful, affirmative inner response. From all of us, J-R, thank you for the awakening.

Through all of these years, I have been privileged and honored to watch this man we call J-R or John-Roger and the work that he has done—or perhaps it is the work that Spirit has done through him. Whichever way it is, he has consistently stepped aside in order to provide Spirit with a vehicle for Its work. Perhaps that is what the Mystical Traveler is: one who is willing to step aside and be that clear channel for Spirit, Light, the Supreme God to work through. One who will always make that choice. One who will not forget. One who will sacrifice, in the most joyful way, personal considerations and concerns for the greater good.

The work appeared to me to start small. J-R worked with people on a one-to-one basis. He counseled, he talked, he shared with them what he could see of their life paths, what they were here to learn and to discover, how best they could work with their own personality patterns, how they could awaken to Spirit and make it a part of their lives. As people talked with him, they awakened to new awarenesses about themselves and about the Spirit that was within them. Their lives worked better. They got value out of what J-R

shared with them. They came back for more. They recommended others. People were experiencing the Light, finding out that they had power in their own lives, discovering that they could make choices that supported themselves and their families, awakening to the love that was inside of them, and learning to give and receive the loving in their lives.

In 1968, J-R was invited to share these teachings through seminars. Seminars provided a different format through which to talk about Spirit and the Light, and participants were able to experience these things in a very powerful and dynamic way. Because J-R could talk to more than one person at a time, seminars allowed the work of the Traveler on this physical level to grow. It began to pick up speed, and more people were learning about the Light and Spirit. More people were experiencing the movement of Spirit within themselves. More people were learning about loving.

People who discovered those first seminars in Santa Barbara asked J-R if he would do a seminar in their own towns. He said, "Yes," so there were more seminars. Sometime in 1968 or 1969, J-R's evening schedule began to look something like this: Monday evening, a seminar in Thousand Oaks; Tuesday evening, a seminar in Long Beach; Wednesday evening, a seminar in Thousand Oaks; Thursday evening, a seminar in Alhambra; Friday evening, a seminar in Santa Barbara; Saturday evening, a seminar in Los Angeles. His daytime schedule, of course, still included his regular teaching job from 8 a.m. to about 3:30 p.m. and private individual counseling from about 4 to 6 p.m. There was just enough time left for dinner and—on good days—"Star Trek" reruns before it was time to leave for the seminars. This kind of daily schedule falls under the heading of "service," even if—from the perspective of the many—it might look like it falls under a heading of "nuts." It was the physical manifestation of the inner direction to get the message of Spirit and Light to people. It was the Mystical Traveler Consciousness saying, "Yes."

Accompanying J-R on a great many of these evenings—and also seeing him during the day at work—left little doubt in my mind that

there was absolute validity to his teachings about Light, loving, and service. He told us that if we are living in harmony with Spirit and doing the work of Spirit, Spirit will provide us with the energy needed. Energy is infinite. Spirit has the power. Human beings, in their earthly form, are limited. Those limits are not so apparent when Spirit is present, when we give up our personal considerations, opinions, and judgments and open ourselves up to that which is for the highest good.

I watched it. I experienced it within myself to some extent. I saw it in J-R to a much greater extent. I listened to him give the same message over and over, in seminars, to individuals, to youngsters at school, to me. I watched all of us be pretty dense about receiving the message and putting it to work. Gradually, however, we caught on. Progress seemed sporadic. It didn't matter. J-R kept the same message present: Ask for the Light. Put the Light around you. Ask that those things which are for the highest good come forward to you. Be willing to accept that when you have placed something in the Light, what occurs is for the highest good. Love yourself. Love others. Take care of yourself. Take care of others. Use everything for your advancement.

The messages are simple. Applying them to life is sometimes simple and sometimes difficult. The teachings include perseverance. They include forgiving ourselves when we don't "hit the mark." The essence of the teachings is loving. And J-R is better at that than anyone I've ever known. Thanks, J-R, for all your loving perseverance, which is also called just hanging in there while we all do our best to follow your lead.

I remember one time, driving home from Santa Barbara after a seminar, J-R said, "Wouldn't it be wonderful if, years from now, people were living these truths and these teachings, and no one could remember where they came from?" I remember thinking, "It would be even more wonderful if they remembered where they came from." Now, I think maybe he was right. And I also think that he has accomplished what he wished for that night. I think of all the people, through all the years, who have touched in to the teachings

—through MSIA, PTS, Insight, Baraka, the University of Santa Monica, and all the other programs that have sprung from the original source. I think of the people and how they have taken the ideas and energy of the Light and shared them with someone else, who may have told someone else, who may have told someone else, who may have. … I think of people who have, through a seminar or a retreat or a book, experienced a greater measure of loving and then have turned around and shared that loving with another individual, who got a sense that the world could be a more loving place, who in turn shared that with someone else. I do wonder how this has all moved through the world. In 25 years, there have been thousands of people who have experienced the Traveler's teachings; how many people have those people touched? Perhaps there are people everywhere living the truths and teachings without any memory of where they came from. Perhaps J-R has been successful in making that wish come true.

In 1969, however, the physical part of his work was still on a smaller scale. He was doing six seminars a week and still teaching school during the day. There was obviously more work to be done. There were more people wanting to know about the teachings of the Traveler, not all of whom lived in Los Angeles, not all of whom were able to come to seminars. One summer day, after our very first MSIA Conference (which was attended by a grand total of slightly more than 80 people), J-R said, "You know, if we transcribed the tape of the Conference, we could type it up and give it to people who could not be here." Service. The ability to respond to people's needs. So with a little tape deck, a stop-start foot pedal, and a portable typewriter, the first transcript was typed.

People who came to the seminars in California began to tell their friends and relatives who lived elsewhere about J-R, about the Mystical Traveler, and about the teachings. Some came and attended the seminars as guests, and they asked if they could get seminars where they lived. Of course, the answer was, "We don't have seminars outside of southern California." But the need was there. So J-R explored how he could respond to these people, how

he could be of service. He began taping his seminars and making copies of the tapes available. But some people didn't have tape players (remember, this is 1969 or so). So J-R said, "Wouldn't it be great if we could put the seminars in written form so that people could read them?" Discourses. The basic teachings of the Traveler. They were originally produced on an ancient (but affordable) IBM typewriter. It got the job done. The original run was about 30 copies, and there was great excitement the day J-R bought an electric stapler so the Discourses didn't have to be stapled together by hand. The end result, of course, was that people throughout the U.S. were able to read the teachings of the Traveler and begin their own journey of Soul Transcendence.

One night, we were going to a new seminar location. For some reason, we each took a car that night, and I was following J-R. He was driving a bit faster than he normally did, and I remember thinking that he must have been in a hurry. I also remember blinking my eyes numerous times because I was seeing little flecks of light on the freeway, and I thought my eyes were tired. When we got to the destination and got out of the cars, he was laughing, and he said, "Did you see the Light going ahead of me? It was moving so fast, I could hardly keep up." Suddenly, I knew that my eyes hadn't been playing tricks on me. But more than that, it gave me awareness of how obedient the Traveler/J-R is to the Light and its plan on this planet. He just follows where it leads and does the work as it presents itself.

In that obedience, there is no blindness, however; rather, there is great awareness and presence. I remember when his parents were ill; the awareness, the work, and the acceptance that I saw manifested were magnificent beyond all my experience then. J-R's parents were wonderful people. Loving, nononsense people, fun to be with, filled with life and humor. He loved them very much.

When his mother was first diagnosed with a "terminal" illness, I watched J-R go to work, sending the Light nonstop around the clock, researching the best care, the best nutrition, the best medication, etc. I can only imagine the work he must have been

doing on the higher levels of Light and Spirit; I only know what I could see here. There was no anger, no sense that the illness was unfair, just hard work to bring to her the greatest chance for life (on this level or another) that was possible. He did not push his opinions or his points of view. He honored her and empowered her to make the decisions, supporting her in every decision she made, loving her in every way. When she died, it was with grace and acceptance. I saw his sadness and his joy intermingled—reflections of the man and the Mystical Traveler.

A year after his mother died, when his father was dying to this earthly plane, I watched him do the same thing: loving his father, caring for him in all the difficult physical ways, being with him as a loving companion, allowing him to complete the experience of physical life as he saw it. One night, a few days before his father died, J-R sat with him and told him how blessed and honored he was to be his son and how much he loved him. It was the most beautiful example I have ever seen of "honor thy father and thy mother." At that moment, the teachings of the Traveler took on new life for me, as I was able to see that this man, John-Roger, lived what he taught—even in moments of deepest sadness and difficulty. He held back nothing. J-R was—and is—his teachings.

When his parents were gone, he said that he had—as the Mystical Traveler—completed what he needed to, fulfilled what was necessary. If he stayed and continued to do the spiritual work, it would be out of love. He stayed. The work expanded. His love manifested itself in his presence, his availability to all those who called themselves his students, his ability to respond to their needs … in so many ways.

J-R's work is difficult to describe in the words that we use for communication on this level. His work is an inner transformation. Many of you know the work he has done with you inwardly. You may be aware in ways you were not before. You may know yourself better; you may love yourself better. There may be a different reality in your life. There may be a fundamental sense of joy or of purpose that is different from before.

J-R's work—from what I've been able to see—is individually tailored for each person because each individual needs different things for his or her own awakening. I have seen him work with people who have had so many challenges in their lives and have dealt with so many difficult circumstances, seen him be so gentle and lift them with hope and the vision that they can discover a way to greater happiness and peace. It may be that his energy holds the vision for them until they can hold it for themselves, and, in time, it manifests on this level. I've seen him work with people who have many unrecognized and unacknowledged blessings in their lives and are, in their ignorance, complaining about their lot in life; I've seen him be so blunt and direct with them that they awaken to the good things that are present for them and decide that if they want more, they alone have the responsibility and the ability to create more. And so they do.

My sense of J-R and his work is that each one of us who knows him and is blessed to call himself or herself his student has an individual, special relationship with him. I believe that we all know a different J-R. I believe that the Traveler has an individual relationship with each of us. I believe the relationship changes as we grow and move upward in our own spiritual evolvement.

Let's go back to about 1971. Seminars still were several nights a week. Counseling with individuals was still happening during the days. (Teaching school was not; the teaching had expanded to a larger arena.) J-R had found that the work he was doing simply didn't fit in his one-bedroom apartment, so he had moved to a house with space for the office (there were now a couple of typewriters, tape recorders, a mimeograph machine, an electric stapler, and some tape duplicating equipment) and a couple of people to help operate it all. The house answered a need. The house was a response to the growth of the work.

About this time, another service was added—aura balances. In the seminars, the Traveler had been teaching us about energy fields and how they affect the body. Now it was time to extend to people a way to clear the individual auric field, to release themselves from

those thoughts and feelings that had held them in bondage, to forgive themselves and others in order to gain greater freedom. With more people needing more services, it was necessary to add personnel. So the number of people on staff expanded to meet the need. Again, J-R responded to the needs of those he served as the Traveler. Response-ability.

Part of the response-ability that J-R has demonstrated for the last 25 years has been the traveling that he has done physically throughout the world. Way back, in 1964 and 1965, he would travel throughout the U.S. during the summers. He used to pack up his 1964 Mustang and, a day or two after school was out in the summer, head east. He usually got home the night before school started in the fall. I never heard much from him during those summers, but after he was home, he would tell me about clearing energies from various geographical areas, releasing karmic patterns that had been with the earth for many years. The point of view seemed to be that because he could do these things, he would do them. My sense was that he followed where the Light led him during those trips. And he did the work that was indicated.

For several years, he traveled alone. As he added some staff people to help with the work, they sometimes traveled with him. Later, the traveling expanded. As it became known to MSIAers outside of California that services (aura balances and, later, polarity balances and innerphasings) were available, he began getting requests to come to Miami, New York, Philadelphia, etc., to do seminars and services. He responded. At first the trips were relatively casual; not much preplanning was required. As time went on and requests came from more people in more towns, the response-ability also had to expand. In the response was the opportunity for more people to participate and discover their own response-ability to Spirit.

The traveling has expanded throughout the world, and now J-R sometimes travels with larger groups of people. Because of the collective power of their Light and loving consciousness, they are able to assist with work on the planet that is an expansion of what

J-R did by himself in the early years. What a joyful way to serve the world. What a wonderful way to respond to the world's need for greater loving and Light.

As an aside, long before I heard of responseability (the ability to respond), I was impressed with J-R's ability and, more than that, his willingness to respond. There were innumerable times when a request for this or that would reach him only a few hours before he was leaving to travel or had a major commitment. It would have been so easy—and justifiable—to say, "This reached me too late; I don't have the time right now. It will have to wait." He didn't. If the need was there, he responded. He made the time. He fit it in. I was often in a position of being in between J-R and a request coming from one of his students. I knew the times that, because of something that was happening in his own life, it would have been easier not to respond. He responded anyway. He was there. I've roused him out of bed in South America when someone in Florida was in a crisis and needed him. I've called him in Australia, in the middle of an Insight seminar, to help put him in touch physically with someone in Los Angeles who had need of the Traveler's energy in a physical, concrete way. He has always responded, always put aside personal considerations, always been there. Sometimes people want to see or talk to him and they can't get through; their message may be to go within. When the need is really there, the channel is open. One week, not so long ago, I was experiencing a difficult time in my own life and feeling a bit depleted in energy and the spirit to carry on. I encountered J-R "by accident" three times in one week. Unusual? Not in terms of this marvelous being we call the Traveler. Response-ability—to the Traveler Consciousness, to Spirit and God, to his students. Perhaps, it's all the same. He has been telling us this for a long time now, hasn't he?

Back in 1972 and 1973, the Traveler's work was (and is) clearly to offer the spiritual teachings to those people open to it, to make available the path of Soul Transcendence to those who recognize it as their own. Advertising was something that never seemed to be of particular interest; things were growing fast enough on their own by

word of mouth. But one day, J-R mentioned placing an ad in a little metaphysical magazine. It was a small ad, and it said, “If you would know the secret of Soul Transcendence, write for more information,” and gave our address. For a long time, there was no response to the ad. And then one day, a letter came from Africa. A man wrote and asked for information. We sent him our introductory book and a one-page flier describing Discourses and some tapes. He wrote back to say that he was blessed and honored to have found J-R, “the one who is the Mystical Traveler.” And he started receiving Discourses. Today, there are hundreds of MSIAers in Africa. All from one ad that ran for about three months.

In one of the early seminars, J-R did a meditation that seemed particularly beautiful to one young woman, who wanted to put it into a little book. So she produced *The Spiritual Promise* and had a large number of copies printed. It was placed with a distributing company as a way of, perhaps, reaching more people than those who were directly aware of MSIA. Sales were not spectacular, but a young man in Australia happened to receive the catalog from this distributing company. He sent for the book. Then he sent for more information, then for the Discourses, and then for tapes. And then he started telling his friends about J-R, the Traveler, the teachings. That was the first contact in Australia, and now there are thousands of people there in touch with the Traveler Consciousness.

As the years moved on, the Traveler Consciousness continued, through its own plan, to reach out, to expand, to touch more people. It reminds me of the lyrics of a Paul Simon song: “God only knows, God makes Its plan. The information’s unavailable to the mortal man.” The Traveler has its plan. The plan included Prana, the beautiful old building that MSIA purchased in 1974, which has been home for hundreds of students over the years. It is also headquarters for MSIA, PTS, and *The New Day Herald* (formerly the *Movement Newspaper)*. Living together, working together, and playing together in the energy of Spirit is a wonderful way to experience the teachings in a very concentrated manner. At Prana, one learns to live the teachings—because living less than that can be quite

uncomfortable there. Prana is a place of service for many people. It provides loving, support (on lots of levels), and discipline for people living there. At Prana, the teachings come alive in a way they may not in other living situations. The teachings cannot be just theory at Prana. It's the lab experience.

The Traveler's plan included retreats, another opportunity for people to live and experience the teachings, another lab experience. If J-R has been able to experience the energy of Spirit coming in and providing him with the strength and vitality necessary to do the Traveler's work, retreats allow many more of us to experience that, too. And projects that may have looked too big for the time and space given to them are completed with love, laughter, cooperation, and sweat, as Spirit has supported us. So much accomplished … so much fun.

Service. It's what J-R is all about. The Traveler serving us. Allowing us the experience of Spirit—not just in spiritual exercises but in work, play, and interpersonal relationships.

Ah! Spiritual exercises. Speaking of service. What a service s.e.'s have been to those of us who choose to do them. Who but our best friend would tell us about this wonderful technique, this amazing path to freedom, this great tool for awareness? Thanks, J-R. Spiritual exercises—a window into the higher realms. A way to put this world, and all its materiality, into perspective. A way to make real the other worlds—and all their loving Spirit. As I write this, I find myself experiencing a peacefulness, a sense of the perfect order of God's plan, of joy and safety. The words taper off. Years ago, on the Santa Fe Railroad, somewhere in the primeval forest of Disneyland, my heart sang "Yes!" as J-R told me of the Spirit and the work. Today, as I think back through the last 25 years, my heart still sings "Yes!" as I think, write, and feel about spiritual exercises and all that J-R's work is.

"Yes!" and "Thank you, beloved friend, beloved J-R, for sharing it all, for responding to the cry in each of us to go home to God, to know our own divinity, to love and be loved in the fullness of Spirit."

Somewhere around 1977, J-R said that he had taught us many things about the Spirit, that we were all catching on and learning well, but that we still didn't seem to be able to make our lives work in a way that was bringing a lot of happiness and fulfillment here on this level. So in 1978, he gave us Insight and said that it was the vehicle through which he would come to this earthly level and "do battle" for us. And then teach us how to do battle for ourselves, by showing us the tools for making the world work. Response-ability. Once again, J-R saw a need in us—and he responded. Gave us more. Greater service. Greater loving.

It's been over 10 years since Insight began. There have been seminars designed to help us with just about everything—our relationships, our abundance (financial and otherwise), our effectiveness in our work, becoming neutral, and so on. The seminars work as we choose to work them, which could be said for everything that J-R has taught us. He's told us over and over that he teaches from his experience. If something works for him, he shares it with us. If we work it, great; if we don't, that's fine, too. His job seems to be to give us all the techniques and tools that he knows. And he is very good at his job.

I look at the work J-R does now. There are MSIA tape seminars throughout the world. There are programs of every kind—the educational programs of Insight and the University of Santa Monica, service projects sponsored by the Heartfelt Foundation, and the work done for peace and integrity through the Institute for Individual and World Peace and the Integrity Foundation. There are retreats and classes given through Peace Theological Seminary, and an MSIA ministerial network. J-R's work has expanded tremendously, and there are more people participating than even he, I think, ever envisioned. Maybe I'm wrong. Maybe he envisioned the entire planet participating in the oneness of the spiritual consciousness. Perhaps we are still at the beginning of the journey. I recently had the good fortune to play a part in one of what I call the Traveler's miracles—a wonderful change and upliftment in the consciousness of a man near and dear to me. When I had a chance

to thank J-R for his work, he grinned, his eyes twinkled, and he said, “You ain’t seen nothin’ yet.” Perhaps that is so for all of us on this journey of inner awareness. Perhaps it has only begun and we ain’t seen nothin’ yet.

Whatever it will be, it has been magnificent. In a world that too often seems characterized by broken dreams and disillusionment, it is terrific to be able to participate—for 25 years and counting—in a dream that is even more alive and full of promise today than it was when it began. To be able to watch and learn from a man who demonstrates in his own life the ideas and concepts that he teaches and who is willing and able to be a friend in the very best sense of that word.

So, to you, J-R, my best friend, thank you for all that you have been, all that you are, and all that you will be. My mind still frizzles when I try to encompass who and what you are—and the fact that you are my friend for all of time and eternity. Webster had it right when he said that “mystical” goes beyond the senses and intelligence.

I wrote the following poem a few months ago. I wrote it from me to you, J-R, but as I was writing this tribute, I thought it probably could be from any of us to you, so I close with it.

“Someday you’ll know how much I love you,”

One day you said to me.

Years passed and I did not know

Though I hoped and longed to see.

Today I know us better

My heart, your heart, our dream …

Love beyond all worlds and words

Peace and joy supreme

The pieces fit together

The puzzle is no more

Our laughter fills the spaces

Love opens every door

"Someday you'll know how much I love you,"

I know you know I do

And now I say, from my heart of hearts,

Please know my love for you.

May God bless you, J-R, with love all ways.

In June 1988, J-R passed the keys to the Mystical Traveler Consciousness to John Morton, saying that the transition would be gradual and would be complete near December 1988. J-R, at that time, pledged his support to John, saying, "I stand firmly behind John, or in front of him, or wherever he wants me to stand." He also said that he continues to hold the keys to the Preceptor Consciousness. So … we move to the next step in God's divine plan, and we accept with joy the Father's will. The journey has been magnificent, the blessings already are (as J-R has taught us so well), so we know there are only greater things in store for us. And with that in mind, we give to John that place in our hearts that holds the Traveler in sacred love and see in him the willingness to serve and the ability to respond to Spirit's call. God bless you, John, and welcome.

APPENDIX 3

Soul Awareness Discourse Titles

1. Introduction Into Light
2. Sending the Light
3. Realms of Light
4. Acceptance
5. The Law of Cause and Effect
6. Responsibility
7. Working Your 10 Percent
8. The Mystical Traveler Consciousness
9. The Neophyte and the Initiate
10. Overcoming Discouragement
11. Control
12. The Magnetic Light and the Holy Spirit
13. The Impersonal Perfect Self
14. Unlocking the Locks
15. Love
16. Responsible Creators
17. The Three Selves
18. Psychic Centers of the Body
19. Soul Realm Mock Up
20. The Law of Reversibility
21. Patterns of Reincarnation
22. Tools of Awareness
23. Ego—A Tool for Unfoldment
24. The Teacher and the Student

25. Games of Life
26. False Images
27. Overcoming Desire
28. Negative Feedback: A Key to Success
29. Attachment and Detachment
30. Releasing Guilt
31. Power of the Spoken Word
32. Giving and Receiving
33. Opinionated Consciousness
34. Patience and Gradualness
35. Substitute Gratification
36. Resistance and Stubbornness
37. Perceiving Spiritual Progress
38. Do It Now
39. Prejudging
40. Attitudes
41. Breaking Crystallizations
42. Creative Consciousness
43. The Consciousness of Grace
44. Discipline
45. Philosopher's Stone
46. Physical and Spiritual Spirituality
47. Controlling the Inner Environment
48. The Divine Love of the Spiritual Heart
49. The Inner Journey
50. Speak Kind Words
51. Universal Laws
52. Breaking Fixations
53. Happiness

54. Honesty
55. Spiritual Gifts
56. Watch, Listen, Think, and Do
57. The Illusion of Separation
58. Security, Sensation, and Authority
59. Consciousness Focusing
60. The Power of Living Love
61. Levels of Contempt
62. Ectoplasmic Aura
63. Manifesting the Unmanifest
64. Overcoming the Dilemma
65. The Center of Truth
66. Love, Devotion, and Responsibility
67. The Purification of the Prince
68. The Process of Prayer
69. The Garden Within
70. The Presence of God
71. The Freedom of Spirit
72. Remedy: The Spiritual Form
73. The Discipline of Love
74. Bridging the Unconscious
75. Divine Communion
76. The Source of Human Form
77. The Discipline that Leads to Truth
78. Spiritual Community
79. The Pure Soul Center
80. Living Soul Transcendence
81. Beyond Form to the Formless
82. Evolvement: An Action of the Heart

83. The Essence Beyond Form
84. The Angel Within
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86. Integrity—Reflection of Spirit
87. Illusion and Spirituality
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90. The Inner Mountain
91. A Child Shall Lead Them
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93. Choosing Freedom
94. Love is the Prime Mover
95. Sacrifice Your Separation
96. Affirmations of the Supreme
97. Keys to the Secret Kingdom
98. Directing Yourself to God
99. The Keys to Communication
100. Expanding in Spirit
101. Guidelines in Spirit
102. The Inner Way
103. By Your Experience
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106. Keys of Self Awareness
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109. What Is the Highest Good?
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111. Attunement, Atonement, At-One-Ment

112. Spontaneous Action with Spiritual Exercises
113. The Christ Within
114. The Perfect Present
115. Replica or Reality
116. The Boundary Lines of Spirit
117. Catching the Spirit
118. Uncomfortable Comfort Zones
119. Beyond Time and Space
120. Completions to Spirit
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122. The Integrity of Spirit
123. Awakening from the Dream
124. The Intelligence of Spirit
125. Glorifying the Living God
126. The Fellowship of the Mystical Traveler
127. Participating Effectively in Spirit
128. Drive to Success
129. Participation: A Lifelong Role
130. Human Rights or Human Values
131. Which Voice Are You Following?
132. Communication in Awareness
133. Experience and Express the Teachings
134. Oneness with God
135. Focusing Your Effort on Spirit
136. The Truth Sayer
137. Utopia or Paradise
138. Creative Emptiness
139. Positive Inner Vision
140. Awakening to the Truth

141. Micro-and Macro-Consciousness
142. Awakening to What Is
143. Making Responsible Decisions
144. Living the Eternal Truth

Glossary

Akashic Records. The vast spiritual records in which every Soul's entire experiences are recorded.

Ani-Hu. A chant used in MSIA. *Hu* is Sanskrit and is an ancient name for God, and *Ani* adds the quality of empathy.

ascended masters. Nonphysical beings of high spiritual development who are part of the spiritual hierarchy. May work out of any realm above the physical realm. See also spiritual hierarchy.

astral realm. The psychic, material realm above the physical realm. The realm of the imagination. Intertwines with the physical as a vibratory rate.

astral travel. Occurs when the consciousness leaves the physical body to travel in the astral realm.

aura. The electromagnetic energy field that surrounds the human body. Has color and movement.

Baruch Bashan (bay-roosh' bay-shan'). Hebrew words meaning "the blessings already are." The blessings of Spirit exist in the here and now.

basic self. Has responsibility for bodily functions; maintains habits and the psychic centers of the physical body. Also known as the lower self. Handles prayers from the physical to the high self. See also conscious self and high self.

Beloved. The Soul; the God within.

causal realm. The psychic, material realm above the astral realm and below the mental realm. Intertwines somewhat with the physical realm as a vibratory rate.

chakra. A psychic center of the body.

Christ Consciousness. A universal consciousness of pure Spirit. Exists within each person through the Soul.

Christ, office of the. The Christ is a spiritual office, much like the presidency of the United States. Many people have filled that office, Jesus the Christ having filled it more fully than any other being. One of the highest offices in the realms of Light.

conscious self. The self that makes conscious choices. It is the "captain of the ship" in that it can override both the basic self and the high self. The self that comes in as a *tabula rasa*. See also basic self and high self.

cosmic mirror. The mirror at the top of the void, which is at the top of the etheric realm, just below the Soul realm. Everything that has not been cleared in the physical, astral, causal, and mental levels is projected onto the cosmic mirror.

crown chakra. The psychic center at the top of the head.

devas. Nonphysical beings from the devic kingdom that serve humankind by caring for the elements of nature. They support the proper functioning of all natural things on the planet.

Discourses. See Soul Awareness Discourses.

dream master. A spiritual master with whom the Mystical Traveler works and who assists one in balancing past actions while dreaming.

etheric realm. The psychic, material realm above the mental realm and below the Soul realm. Equated with the unconscious or subconscious level. Sometimes known as the esoteric realm.

false self. Can be thought of as the ego, the individualized personality that incorrectly perceives itself to be fundamentally

separated from others and God.

Great White Brotherhood. Nonphysical spiritual beings working in service to mankind in the spiritual line of the Christ and Mystical Traveler. They can assist with spiritual clearing and upliftment.

high self. The self that functions as one's spiritual guardian, directing the conscious self towards those experiences that are for one's greatest spiritual progression. Has knowledge of the destiny pattern agreed upon before embodiment. See also basic self, conscious self, and Karmic Board.

Holy Spirit. The positive energy of Light and Sound that comes from the Supreme God. The life force that sustains everything in all creation. Often uses the magnetic Light through which to work on the psychic, material realms. Works only for the highest good. Is the third part of the Trinity or Godhead.

Hu. A "tone," or sound, that is an ancient name of the Supreme God. In Sanscrit:

initiation. In MSIA, the process of being connected to the Sound Current of God.

initiation tone. In MSIA, spiritually charged words given to an initiate in a Sound Current initiation. The name of the Lord of the realm into which the person is being initiated.

inner levels/realms. The astral, causal, mental, etheric, and Soul realms that exist within a person's consciousness. See also outer levels/realms.

Inner Master. The inner expression of the Mystical Traveler, existing within a person's consciousness.

Kal power/Kal Niranjan. The power of the Lord of all the negative realms. Has authority over the physical realm. Functions out of the causal realm.

karma. The law of cause and effect: as you sow, so shall you reap. The responsibility of each person for his or her actions. The law that directs and sometimes dominates a being's physical existence.

Karmic Board. A group of nonphysical spiritual masters who meet with a being before embodiment to assist in the planning of that being's spiritual journey on Earth. The Mystical Traveler has a function in this group.

Light. The energy of Spirit that pervades all realms of existence. Also refers to the Light of the Holy Spirit.

light, magnetic. The Light of God that functions in the psychic, material realms. Not as high as the Light of the Holy Spirit, and does not necessarily function for the highest good. See also Light and Holy Spirit.

Light masters. Nonphysical spiritual teachers who work on the psychic, material realms to assist people in their spiritual progression.

line of the Travelers. The line of spiritual energy extending from the Mystical Traveler Consciousness, in which the Mystical Traveler's students function.

Lord of realm. Each realm (physical, astral, causal, mental, etheric, and Soul) has a Lord that directs that realm. The Lord of a realm is subservient to the Lords of the realms above it. All of the Lords of the psychic, material realms are subservient to the Lord of all negative creation, which manifests as the Kal power. The Lord of the Soul realm has authority over all Lords of realms below the Soul realm, including the Kal power. See also Kal power.

Lords of Karma. See Karmic Board.

masters of Light. See Light masters.

mental realm. The psychic, material realm above the causal realm and below the etheric realm. Relates to the universal mind.

Movement of Spiritual Inner Awareness (MSIA).

An organization whose major focus is to bring people into an awareness of Soul Transcendence. John-Roger is the founder.

mystery schools. Schools in Spirit, in which initiates receive training and instruction. Initiates of the Traveler Consciousness study in mystery schools that are under the Traveler's auspices.

Mystical Traveler Consciousness. An energy from the highest source of Light and Sound whose spiritual directive on Earth is awakening people to the awareness of the Soul. This consciousness always exists on the planet through a physical form.

Naccal Records. Spiritual records that precede the Akashic Records and which record all events from the beginning of time.

negative realms. See psychic, material realms.

New Day Herald. MSIA's bimonthly newspaper.

90-percent level. That part of a person's existence beyond the physical level; that is, one's existence on the astral, causal, mental, etheric, and Soul realms.

Ocean of Love and Mercy. Another term for Spirit on the Soul level and above.

outer levels/realms. The astral, causal, mental, etheric, and Soul realms above the Soul realm also exist outside a person's consciousness, but in a greater way. See also inner levels/realms.

Peace Theological Seminary and College of Philosophy (PTS). A private, nondenominational institution presenting the spiritual teachings of MSIA.

physical realm. The earth. The psychic, material realm in which a being lives with a physical body.

positive realms. The Soul realm and the 27 levels above the Soul realm. See also psychic, material realms.

Preceptor Consciousness. A spiritual energy of the highest source, which exists outside creation. It has manifested on the planet in a physical embodiment once every 25,000 to 28,000 years.

psychic, material realms. The five lower, negative realms; namely, the physical, astral, causal, mental, and etheric realms. See also positive realms.

Rukmini canal. An opening in the void at the top of the etheric realm through which a person moves in consciousness into the Soul realm.

Sat Nam. The Lord of the Soul realm. Sat Nam ("True Name") is also the first individualized expression of the higher God.

SATs. See Soul Awareness Tape (SAT series).

seeding. A form of prayer to God for something that one wants to manifest in the world. It is done by placing a "seed" with (giving an amount of money to) the source of one's spiritual teachings.

s.e.'s. See spiritual exercises.

seminar. A talk given by John-Roger or John Morton; also, an audiotape, CD, videotape, or DVD of a talk either of them has given.

Soul. The extension of God individualized within each human being. The basic element of human existence, forever connected to

God. The indwelling Christ, the God within.

Soul Awareness Discourses. Booklets that students in MSIA read monthly as their spiritual study, for individual private and personal use only. They are an important part of the Traveler's teachings on the physical level.

Soul Awareness Tape (SAT series). Audiotapes or CDs of seminars given by John-Roger, for individual and private study only. They are an important part of the Traveler's teachings on the physical level.

Soul consciousness. A positive state of being. Once a person is established in Soul consciousness, he or she need no longer be bound or influenced by the lower levels of Light.

Soul realm. The realm above the etheric realm. The first of the positive realms and the true home of the Soul. The first level where the Soul is consciously aware of its true nature, its pure beingness, its oneness with God.

Soul Transcendence. The process of moving the consciousness beyond the psychic, material realms and into the Soul realm and beyond.

Soul travel. Traveling in Spirit to realms of consciousness other than the physical realm. Sometimes known as out-of-body experiences. This can be done in one's own inner realms or in the outer realms, the higher spiritual realms. See also inner levels/realms and outer levels/realms.

Sound Current. The audible energy that flows from God through all realms. The spiritual energy on which a person returns to the heart of God.

Spirit. The essence of creation. Infinite and eternal.

spiritual exercises (s.e.'s). Chanting the Hu, the Ani-Hu, or one's initiation tone. An active technique of bypassing the mind and

emotions by using a spiritual tone to connect to the Sound Current. Assists a person in breaking through the illusions of the lower levels and eventually moving into Soul consciousness. See also initiation tone.

spiritual eye. The area in the center of the head, back from the center of the forehead. Used to see inwardly. Also called the third eye.

spiritual hierarchy. The nonphysical spiritual forces that oversee this planet and the other psychic, material realms.

10-percent level. The physical level of existence, as contrasted with the 90 percent of a person's existence that is beyond the physical realm. See also 90-percent level.

third ear. The unseen spiritual ear by which we listen inwardly and hear the Sound Current of God.

third eye. See spiritual eye.

tisra til. The area in the center of the head, back from the forehead. It is here that the Soul energy has its seat and the Soul energy gathers.

tithing. The spiritual practice of giving 10 percent of one's increase to God by giving it to the source of one's spiritual teachings.

universal mind. Located at the highest part of the etheric realm, at the division between the negative and positive realms. Gets its energy from the mental realm. The source of the individual mind.

wheel of 84. The reincarnation, reembodiment cycle.

Fulfilling Your Spiritual Promise

Volume 2

John-Roger, D.S.S.

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A Word on Study Materials

There are some MSIA materials that are ***only for the person receiving them,*** and these include Soul Awareness Discourses and Soul Awareness Tapes/CDs (SAT series). These are not to be shared with anyone else. If you want to order a SAT selection, you need to be a SAT series subscriber.

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CHAPTER 9

Spiritual Exercises and Soul Transcendence

Spiritual exercises are of prime importance. They are your key to freedom. They are your key to getting off the wheel of incarnation. It takes a lot of energy, a lot of thrust, to break free of the negativity and conditioning of the lower realms. Chanting has been known to build the spiritual energy so you have the resources to go into the Soul realm and even higher. How I wish you would do your spiritual exercises like you can get involved in your fantasies and thought forms. You'd be in the Soul realm immediately.

Going into the Kingdom of God

There are ways to get into the heavens through the physical level: prayer, meditation, contemplation, and spiritual exercises. When you pray you ask God, when you meditate you listen, and when you contemplate you think about what you heard and how you are going to work that. The fourth way— and this is what we do in the Movement of Spiritual Inner Awareness—is called spiritual exercises, or s.e.'s. Soul and Spirit are *active*, and it takes an active process to move into the Soul, which is why I teach spiritual exercises. This is the one that goes through the heavens into the Kingdom of God, while the other three take you only into the Kingdom of Heaven. (See page 401 for an explanation of how to do spiritual exercises.)

The spiritual realms, as we understand them—the astral, causal, mental, etheric, and Soul realms—are physically the unseen ones, though they can be known. These realms reside inside of people as the Kingdom of Heaven. When Jesus said, "In my Father's house are many mansions: if it were not so, I would have told you" (John

14:2), he was referring to the Kingdom of Heaven that is *inside* of us, the worlds without end. But what was not told is that there is another Kingdom of Heaven, which is *outside* of you.

The usual way of moving towards Soul Transcendence is, first, you go into your own inner kingdom, and you traverse the physical, astral, causal, mental, and etheric into the Soul realm. You do all that *inside of you*. To get *outside* the body (after you go through the inner Kingdom of Heaven), you need to connect with the little gold thread that goes right out the top of the head and takes you into the *outer* Kingdom of Heaven, where there are also the astral, causal, mental, etheric, and Soul realms. This gold thread of spiritual energy is the Soul's connection to the body consciousness and is what Jesus referred to when he said, "Strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it" (Matthew 7:14).

Beyond the realms of the outer Kingdom of Heaven is that which constitutes the Kingdom of God. The Kingdom of God has twenty-seven very distinct levels. All initiates in MSIA have been initiated into both the inner Kingdom of Heaven and the outer Kingdom of Heaven as well as the Kingdom of God.

When I use the term *spiritual exercises*, I mean very specifically chanting Hu, Ani-Hu, or your initiatory tone. When you are meditating, you are just reviewing what has happened to you in the world. When you are contemplating, you are often finding out why you did that thing in the world and the value of that. Those are all part of moving the inner awareness, but meditation and contemplation can take you only as far as the mind. In MSIA, we go to the source, and that source is you. But you also have a source that is higher than you, which is called God, and that is also you. So you learn the God-source in you and the God-source in everybody and everything. At that point, there is no way you can hurt anybody, and you become a blessing to everyone around you.

The Bible mentions Soul travel a few times if you know what you're looking for. One reference (Revelation 1:10) reads, "I was in the Spirit on the Lord's day." In another passage (Revelation 1:18), John heard the testimony of Jesus Christ, who said, "I am he that lived and was dead; and behold, I am alive for evermore, Amen; and have the keys of hell and death." John was traveling out of the physical body and was with the Lord in Spirit.

Soul Travel

In MSIA, when we do Soul travel, we enter the Soul because it is on all levels, so why not go for the best thing possible? This is not astral travel. In astral travel, you project the astral body and travel in it, while in Soul travel, you are in *consciousness*. In Soul travel, you bypass all the lower levels and go into the Soul body or Soul consciousness. If you are then going to travel in any of the lower realms, you would pick up the body/sheath of that realm (e.g., the mental realm) and use it to travel on that realm. But you are still in Soul *consciousness*.

In the Soul body, you have clearer perception because you are in a clearer state. You see directly, not through an illusion, a sidetrack, or the conditioning of energy within your own self, unless you are in the inner Kingdom of Heaven. When you are out traveling with the Mystical Traveler, everything is very clear.

Each day, you must ask anew for the Traveler to be present with you. Don't ever take it for granted; it doesn't take you for granted. Doing spiritual exercises is one of the most effective ways of asking for the Traveler to be a part of your life.

As an example of how this works, say that you are working with the Mystical Traveler and have karma to work out on the causal realm. You are taken into mystery schools in Spirit and taught there by an emissary of the Traveler. Situations are mocked up where perhaps you have made a mistake, placed guilt on yourself, violated

the consciousness of other people, and so on. Sometimes those people will be brought to you in Spirit to let you see the situation objectively, from a clear stance in Spirit. If you and "Susie" were having problems, you and Susie are both in Soul bodies and can see this problem you had; since you are both in clear consciousness, you see perfectly, and the situation is worked out perfectly and released.

When you Soul travel out of the body, the basic self maintains the body. The Soul travels out and remains connected to the body by the golden thread. When a person is working with the Traveler, they leave the body through the third eye or crown chakra,[1] and the Traveler makes sure the thread is not cut or entangled, ensuring their safe return to the body.

The practice of spiritual exercises really ferrets out the junk. And sometimes when the junk is being ferreted out, we have to express it. So we don't get to express the Godliness and the Christlikeness that we'd like to. So it's important that we love ourselves anyway and be as honest in our expression as we can without dumping our stuff on somebody else.

In working with the Traveler, one's focus is not on the lower chakras but on the top two chakras, specifically, the top part of the third eye and the crown chakra.

We cannot overlook karmic things if we are going to start traveling and holding the Light the way we want to. We need to get the things out, and I can tell you from my own experience that often they are not nice. Sometimes when I have been working through karma, all I had were tears and a prayer: "Father, if you could, please take this away." I also knew that if I had enough endurance and loving, either it would end or, if it stayed, I would eventually outlast it.

People Soul travel often; they just may not consciously remember doing it, or they may not know that an experience they have had is actually Soul travel. You may be aware that you leave the body

during s.e.'s, right before you go to sleep, or at some other time. When you step out of the physical body into the Soul body, you may feel a tremendous pulling, and if you close your eyes, you may have the impression that the room is rushing away from you, getting smaller and smaller, or you may have the impression that you are getting larger and larger. Many people will experience this as they start to drop off to sleep, and they may open their eyes and come back here physically. Or if they leave their eyes closed and flow with the experience, they may feel as if they are being sucked out of the body backwards or falling over backwards. It is an unusual feeling, until you get used to it, but it does not have to be a frightening one.

While you are out of the body, you are still in the body because you cannot be parted from the body though you are separated. (I know this may sound like double-talk. I am trying to put a spiritual action into physical words, but I do not have vocabulary for it. I will try to get as close to it as I can, but the only way for you to have the truth is to experience it.) As an analogy, say you are married. You and your spouse can be separated, but you cannot be parted. Soul traveling out of the body is like this. And if you are working with the Mystical Traveler, you are under the Traveler's spiritual guidance and protection as you travel through the spiritual realms, experiencing them and becoming more aware of your greater reality.

Spiritual Exercises in MSIA

There is one thing you can do here physically that can improve your ability to consciously know the reality of your existence on the higher spiritual levels, and that is spiritual exercises. S.e.'s are designed exactly for that purpose. They can also help you anchor into your physical body the unconditional loving and blessings that God has for you. S.e.'s are an active technique of holding the mind steady and quieting the emotions by using a spiritual tone or vibration to connect to the energy that flows from God throughout

all existence. Doing s.e.'s can help you transcend illusions and limitations and move into the awareness of Soul.

In MSIA, there are a number of tones that we chant during s.e.'s. The two main ones that are chanted before a person is initiated are Hu and Ani-Hu; these are also chanted aloud in groups. Hu is Sanskrit and is an ancient name for God, and the Ani in Ani-Hu adds the quality of empathy.

When you chant, you can pronounce Hu like the name Hugh or say the sounds of the individual letters *H* and *U*. Hu is the ultimate highest sound, and to traverse the various realms, we break it down into its God-like components and are born into each new level by the Sound Current initiations.

Spirit motivates all things. The Sound created by the Spirit in its movement is the two tones *H* and *U*. These two tones, one positive and one negative, encompass every tone and every sound that exist in the universe. When you combine them into one tone—Hu—that tone is within all other tones. In this new dispensation, mankind is moving increasingly into the heritage of the Hu-man; each person is becoming the God-man. Initiates of the Traveler who chant their initiation tones (or the Traveler's students who chant the Hu tone) are becoming more specifically and consciously the God-men and the God-women of the new dispensation.

Ani-Hu is a variation of the Hu chant. Pronounced "ahn-eye-hu," it is also an invocation to God with an added dimension that brings in the quality of empathy and oneness with others. If you have misunderstanding within yourself or with someone else, you would probably want to work with the Ani-Hu. If we could really know what is in the hearts of our "enemies," we would never do another thing to hurt them because there is already enough hurt. All we do is stand back and love them. The Ani-Hu can give us this compassion.

These tones open the centers in the head. In MSIA, we do not work in any level below the upper part of the third eye. This is not because the energy of the centers below that is "bad" but because

the most direct path to Soul Transcendence is through the top two centers. The lower centers can take a person through many, many distractions. For example, they can make you feel very lusty. You can be led astray, and it is important to be careful.

Chanting Hu, Ani-Hu, or your initiatory tone builds a bridge (opens a channel) between your consciousness and the higher consciousness. You may not walk across the bridge immediately because you may not have it solid enough. Let's say you have done spiritual exercises for three weeks, two hours a day, and nothing has happened. Then you may be walking down the street and a flash of insight comes in. Now, how do you think you got that? You went across the bridge.

The main thing to keep in mind when doing s.e.'s is that the only wrong way to do s.e.'s is not to do them. Perhaps the easiest way to do s.e.'s is simply to be open to receive whatever is there for you at the time. You can call in the Light and ask to become attuned to the Traveler within you, and then chant Hu, Ani-Hu, or your initiation tone. If you are new to s.e.'s, you might do this for ten minutes a day, more if you like, of course, and there is a step-by-step description of how you might do s.e.'s on page 401.

More important than the time you spend doing s.e.'s is having an attitude of "Lord, I am open to receive from you." And above all, s.e.'s are an action of the heart. So do what you can to bring forward the devotion that brought you to want to know more about God and the Divine in you. One of the great values of spiritual exercises is that they give you a chance to attune yourself to the Spirit inside you and become aware, once again, of the loving that is extended to you through Christ. All you have to do is follow the loving back into the heart of God, your home in Spirit.

Worshiping God is worthwhile. We call it doing spiritual exercises. People get astounded when they realize that by doing spiritual exercises, they have been

worshiping God with their body, mind, and Soul.

Doing Spiritual Exercises

The only wrong way to do s.e.'s is not to do them, and there is no required way to do s.e.'s. For people who would like to have some form of methodology, here is a step-by-step procedure as a suggestion for doing fifteen minutes of s.e.'s.

1. Find a quiet place with low lighting and a comfortable chair to sit in. It is best not to listen to music while doing s.e.'s, although it is fine to listen to music while getting ready to start.

2. Sit upright, if possible, and close your eyes.

3. Call yourself forward into the Light for the highest good, and ask for spiritual protection and guidance during your s.e.'s.

Take all the loving energy that has been extended into you and around you and through you, and slowly pull it up through your body until it gathers behind your eyes in the center of your forehead. Hold your attention there. Your spirit rises. The world is forgotten, and you begin your journey with the Traveler into the higher realms of Spirit.

4. Chant Hu or Ani-Hu. It is preferable to do this inwardly (silently). If you are an initiate, you would chant your initiation tone.

5. While chanting, focus your attention in the area near the center of the head directly back from your forehead. This is called the *tisra til*, and it is in this place that the Soul has its seat and the Soul energy gathers.

6. After you have chanted for about five minutes, stop and listen within. You are listening for the Sound Current, which is very subtle. You may hear it the first time you do this, or it may take years of practice. It is a very individual matter. (See chapter 2, The Realms of Spirit, for a list of the sounds on the different realms.)

7. If you find your mind wandering and you lose the focus of listening, you can focus the mind by chanting again.

8. After about five minutes of listening, you can either continue to listen and look inside or return to chanting again. The times are approximate, of course. The idea is to spend time in s.e.'s doing both chanting and listening.

Multidimensional Awareness

Whether or not people remember their Soultravel experiences varies with each consciousness and what is for its individual highest good. When a person is working with the Mystical Traveler Consciousness, they are spiritually protected and guided by the Traveler, so they are brought experiences, memories, etc., that are only for their highest good.

The Soul travels so much, and it is not crucial to Soul Transcendence to remember most of these travels. In fact, remembering them can even be a distraction from Soul Transcendence, because in the inner realms of a person's consciousness, there are "worlds without end." Knowing all about those inner worlds is not what the Traveler is teaching. The Traveler is doing and teaching Soul Transcendence, which is moving above the lower levels, the levels within a person's consciousness, into the Soul and even higher—into God.

When you are moving to another level, it can be a weird sensation that can throw your mind. It is a little like looking at a Walt Disney movie, where things are not real and alive, and suddenly they are coming real and alive, yet all the time you know they are not. You

may also have the feeling you are moving, so you open your eyes to see if that is so, and you find you have not gone anywhere physically. But when you close your eyes again, you are right back almost to where you were before.

If you are sitting down and doing spiritual exercises and you get three seconds done before you fall asleep, you got three seconds in, and that is valuable because there may be days when you do not do any. Now, what happens if you do fall asleep? Is that time that should have been put into spiritual exercises? No, that is time to sleep, and in the sleep you can still gain the information. If you wake up and do not remember any dreams, it usually means you were far from the body and that there is no memory of that activity. So, it is a progress report.

To remember you were there, you have to go to a memory that was there, and the memory *there* is not *here*. So, there is a dilemma. The way out is to keep tying the memories back together and to keep them all active simultaneously so that you know one level from another level exactly. For example, I can put my hand in front of me and I can see my hand, my knee, and the people sitting in front of me, all at the same time. But if I stood up, moved my hand off to the side, and then looked at the people sitting in front of me, I would forget my hand and my knee. So to see them all at the same time, I bring them more in line, and I keep them all directly in line.

> *Don't get in a rut by expecting Spirit to manifest for you the way it did before. Keep discernment present. Keep your awareness moving. As long as you keep moving, you've got a good chance of lifting higher*.

Another way of explaining multidimensional awareness is to say that you move so rapidly between two levels of consciousness that it appears that you are in both places at the same time. This may not make any sense to you until you have the experience of this,

however. I tell you these things so that when you do have the experience, you can know what it is.

The more you can go in and out of the body, the more it feels familiar. As it feels familiar, you start identifying it. As you identify it, you start remembering it. As you remember it, you start getting awareness of it. As you get awareness of it, you move to the Spirit. Then you know exactly where you are at all times because now you are no longer dealing with memory; instead, you are dealing with awareness.

Awareness is of the Spirit, and memory is of the mind. So if you can remember where it was, guess where you are traveling. In your mind. That is why it takes a long time for many people to realize that they have been traveling out of the body. The nice thing about that is, once they realize that, they also have the realization of all the other times they have ever done it, so they see that they have been doing it all along, even before they ever knew about it.

You have to get into "yourself" to discover the essence of God. Spiritual exercises get you into yourself. They start peeling the layers away, sometimes very gradually and sometimes in a beautiful rush.

Opening the Spiritual Eyes

If you have not opened your spiritual eyes and you go inside and try to do Soul Transcendence, you may find yourself falling asleep or going unconscious, and then when you wake up, you know you have been someplace but you do not know where.

When you wake up, I suggest that you start making up something about where you were and write it down, perhaps in a spiritual exercises journal. You may think, "This is stupid and crazy," except you might start to write exactly where you have been. It will not necessarily make sense to you on this level, but the important thing

is that there is a reason that you wrote what you did rather than writing something else.

Thousands of people know about this, but they just will not do it because they think they are too smart. But those who have done this have started opening the spiritual eyes to see what was going on. By doing this, in a way, we are pretending that our spiritual eyes are already open and, as the awareness moves into our consciousness as we write it down, we actually get them to open.

If you want to see what's going on, do spiritual exercises. If you don't care, don't bother.

When your spiritual eyes are open, you then get to see more clearly, and things are even more real than when you are looking at your own hand. For a while it can become disturbing because it is hard to know what is real and what is not, but keep at it.

Practice writing when you come out of doing spiritual exercises. Before you do s.e.'s, you could also write what you might want to see in the Spirit. That would give you a sense of inner direction. But you have to remember that maybe God has something better for you. So I would always do it for my highest good, and if it did not happen, then it was that God had something more important for me and I would just say, "Thank you, Lord."

Here is another approach to opening your spiritual eyes. After you get inside, you say, "I'm opening my spiritual eyes." (This is different from opening your physical eyes.) Sometimes all you see is white because it is so bright after you open your spiritual eyes. It is as if you woke up from a physical sleep and someone is shining bright headlights in your eyes; you cannot see anything because it is so bright. But accommodation begins to take place in the Spirit, and you start to differentiate in the spiritual realms. A lot of times, spiritual exercises are just learning to see in the Spirit.

Spirit will open your spiritual eyes for you when you are, indeed, ready to enter into it. Your part is to make yourself available to recognize when they are open. And so, as the saying goes, you sit at the feet of the Lord and look all day at His eyes in case He glances your way. And that is going to take a lot of patience.

Spiritual exercises can open your eyes to the other realms and levels. When this happens, you can see more clearly how you and your patterns of existence fit in with the larger scheme of things, and you will be more willing to cooperate with what is happening and the path that God has prepared for you. If you are unwilling to recognize the divine perfection of your own nature and everyone else's, that unwillingness can keep the spiritual eyes closed on the inner realms.

Seeing is very important. In fact, it is above all. Not feeling, not hearing, but seeing—the inner vision. You almost have to will your Spirit eyes to open, and they do. It does not come in physically, like seeing with our eyes here, because this is physical vision. You have to know how to look for it and find it. It is sometimes inner pictures. Sometimes it may be archaic symbols, and it may take you a month to get them all put down and together.

When you ask to see spiritually, you will also be responsible for what you see. You may see ahead to what is coming and may not like it, but you will do it anyway because it is the right thing to do. It is a good idea to ask to see spiritually for the highest good. Then, if you do not see, it was not for your highest good.

Checking Things Out

I have always taught the votaries to check everything out, whether it comes from inside you or outside you, from yourself, from me, from a book, or from your Aunt Wanda. If the information works for you and does not inflict on anyone else, use it for as long as it works for you. Who cares whether it was from the Traveler or from your imagination? If you lean into the information received

and it does not work for you, then do not follow it. And again, who cares where it came from? If it does not work, it does not work. Another checkpoint is the idea of, if in doubt, don't do. Hold, don't take action, ask inwardly for greater clarification, and then see what happens next.

It takes practice to discern where something comes from. It is not a problem to make a mistake about something, and that is one of the great values of having a Traveler physically on the planet: the Traveler is an external point of reference and can validate experiences for the votaries. After a while (that means with practice), you may be able to sense when an experience is coming from your own levels of consciousness, which usually means that the ego is directing it in some way, or whether it is from the Spirit and has, in that spiritual dimension, an objective reality. You may sense or feel a certain energy one way or the other, there may be certain signs and sounds, you may feel "taken" by the Spirit such that it is obvious that you are not directing the experience, and so on. You can also sit with an experience for a while and ask to be guided as to its spiritual accuracy. And you can always check with the Traveler. The main thing is to look at this as a learning process and to be open to what the learnings are for you and how they come about.

Do spiritual exercises so you don't get ripped off by me or somebody else. Do them so you can find out for yourself what we're talking about. Spiritual exercises provide a method for you to find out for yourself the truth of anything that we tell you.

You can also check the accuracy of your inner answers by referring to the outer teachings. The inner guidance will always complement the outer teachings, and the Traveler will not counsel any action that would harm or hurt you or anyone else. So if you hear inner guidance towards an action that will be inflictive or

harmful to you or any other human being, just know that is not the Traveler or another positive source. Contact with the Traveler inwardly will often bring with it warmth and a feeling of loving protection. Also, I would never take advice from any source without consciously evaluating it because each of us is always held responsible for our decisions and our choices. So be wise.

How do you build up the knowledge of God's inner guidance? By spiritual exercises. By practicing. By moving on the guidance you receive, checking the results, continually refining the attunement, and being honest with yourself.

Soaring with the Eagles

In MSIA, our "business" is Soul Transcendence, and actually, we are *transcending* Soul because we are going above the Soul realm and into the heart of God. While we are in the Soul, we are also working off a lot of karmic things in the lower realms of Light that are above this physical realm.

It is rare that a Soul is involved in working off karma on the physical level because the Soul is just interested in experience. It does not register experience as debits. But consciously, we often perceive an experience as a debit, so then it is recorded to us like that, for as a man "thinketh in his heart, so is he" (Proverbs 23:7). That is one of the reasons it is said not to judge.

But if you are going to have to learn *everything* by experience, you are dead. In one sense, you can *only* live on your experience, but it is not necessary to rob banks, get electrocuted, or get five hundred speeding tickets. That is dumb. Instead, you may follow the Lord's Prayer, where he said, "And lead us not into temptation, but deliver us from evil" (Matthew 6:13). That evil is unnecessary experience.

The Soul does not care if it has twenty billion debits and it is going to be here until the "last wipe." It just says, "I'll see what the

wipe is about." That is also a very naive Soul because it is not learning from its own experiences and transcending into a higher consciousness. Its karma is to stay low. And, as the saying goes, it is hard to soar like an eagle when you are with a bunch of turkeys. Get with the eagles.

You do that by doing s.e.'s. And doing them in a group builds up a lot more energy. For example, say each of us had a glass. If I filled mine to overflowing, it would be a pretty good thing, but if *every one* of us filled ours to overflowing, we would have water all over, and all of us would partake of the overflow.

It is the same with spiritual exercises. The energy comes in and flows around you. If you have a group of people doing s.e.'s together for just fifteen minutes a day and they are all overflowing, you are going to have a great battery charged up, and you can use that energy to go higher.

But most people will not use that energy to keep pushing higher. Instead, they will run for distractions. It is like sitting on top of a big fountain. Instead of riding on top of the water and letting it push them up, they run over to turn off the pump. And that is a distraction. Something happens inside of them where they say, "But I need this; but I need that," and they run off. Then what was theirs as far as the use of the water (the energy)—it just runs all over and becomes a very muddy thing. So all their good things turn to mud.

That is why I tell people, "Don't push water uphill. You'll slip and fall in the mud. Still, it's your own mud." But if you stay above the mud, you just keep riding the energy up. When you get up high enough, the mud goes off by itself, and the natural law cleans up what is left.

Doing s.e.'s as a group does not assist me in the work I do spiritually because what I do spiritually, nobody else does. But it does assist me physically because I do not have to handle your day-to-day karma. I assist you in burning up your past-life karmas, and then I start to move into this one. So, if you are handling the karma of this life, it is as if we are burning the candle at both ends. If you

are not handling your karma from this life, then the Mystical Traveler has to keep going and going, and maybe in fifteen years, it might catch up with when you were born here. And then the Mystical Traveler dissolves your earth-life karmas.

There are so many times you forget you are Soul and get caught up in the illusions of the physical, material worlds. Spiritual exercises are a daily remembrance of the divine within you. That is one reason they are so valuable. Use them.

Spiritual inner awareness is easy access and easy exit. You can get into it just as easily as you can get out of it. You can fall out of it very easily because the world wants you to go that way. The Spirit lets you in very easily, but it has to give way to the materiality because Spirit is also in the materiality. The materiality has a billion distractions, so watch where you place your focus, and create what you want. If you want Soul Transcendence and into God, keep your eyes on God.

We always have to come back to this: what does the form of God represent to us? It represents a place to focus our attention. The focusing of the attention starts to release the Spirit because Spirit is none other than the attention. And when the attention moves, the Spirit moves. In the Bible, it says to pray unceasingly (1 Thessalonians 5:17). Why does it say that? To remind you to keep your eye single and upon God.

Q&A About How to Do Spiritual Exercises

Q: Should I sit a certain way when I do s.e.'s?

A: There are no requirements. You can do s.e.'s sitting, standing, walking, lying down, standing on your head. Do you get the idea? You may find that if you sit in a way that keeps you staying both relaxed and alert, this works best for you. You may also find that

being in a quiet and peaceful place helps you let go of the outer world and attune inwardly. But there are no requirements. Do what works for you.

Spiritual exercises are not the mechanical repetition of some sound given to you by your teacher. Spiritual exercises are a manifestation of loving, your loving of Spirit and God, and God's loving of you.

Q: How long do you suggest we do s.e.'s?

A: In the beginning, I suggested that people do s.e.'s for ten minutes a day. People wouldn't do that, so I said, "Well, do s.e.'s for two hours a day." I figured that within those two hours, a person might get in ten minutes of s.e.'s.

The duration of s.e.'s is not the issue. The most important thing is to make the spiritual contact. If you make it in one minute, then it's made. If it takes you two hours, then it takes two hours. Timed s.e.'s is definitely the wrong approach. Essence/quality s.e.'s is definitely the approach.

Q: I would like to do s.e.'s for longer periods of time, but it's hard to do two hours right off the bat.

A: First, you might decide just how much time each day you can realistically devote to s.e.'s. It might be five minutes. Whatever it is, you can make a commitment to yourself to do s.e.'s for that amount of time each day for one month. At the end of that month, you can evaluate the situation. You may decide to continue for another month at the same amount of time, or you may decide to increase it by five more minutes for the next thirty days. Whatever you decide, the important thing is to carry through with your commitment, making the amount of time you choose okay with you.

Q: My baby was born two weeks ago, and I haven't been able to do s.e.'s because I'm so busy with the baby and house and then sleeping at other times.

A: When you go to bed at night, you can have as your intention to do s.e.'s. You may chant for two or three minutes and then fall asleep, and because your intention is to do s.e.'s, you can do s.e.'s all night, even while you are sleeping. Be gentle with yourself and do the things that keep your love flowing. And when your baby is older, you may find that you have more time to give to doing s.e.'s.

Q: What is the difference between meditating and doing s.e.'s?

A: Because it is passive, meditation is often a descending energy (not directly moving towards God). Spiritual exercises, because they are active, are an ascending energy (moving directly towards God). When you do your spiritual exercises, make sure they are an active process within you. If you find the energy starting to drop or become negative, you can get up and move around a little, drink some water, and then go back into the s.e.'s with renewed energy and focus.

Q: When I try to do s.e.'s before I go to work, or even in the evening, it's too noisy and I get very distracted by what's going on around me.

A: Since the only wrong way to do s.e.'s is not to do them, *any* time you spend doing s.e.'s is beneficial. You may also find ways to get around a disturbing environment. Some suggestions are to do s.e.'s in the middle of the night when it is quieter, train yourself to sit through noise and disturbance, use ear plugs, go to a quiet place to do s.e.'s, etc. Perhaps you can come up with other ideas that will help you. Most important is the attitude with which you do s.e.'s. One Hu in devotion is worth three hundred on a tape. One moment of chanting your tone with devotion is worth one hundred done mechanically.

Q: Can I do s.e.'s for someone else?

A: Meditating or doing s.e.'s for someone can increase the Light in their consciousness here, but it will not teach them Soul Transcendence.

The initiatory tone is the direct link between your consciousness and the Sound Current of God. It is one of the greatest keys to your spiritual freedom that exists. You are placing yourself in the mainstream of Sound that is flowing back into the Supreme Godhead. It is the ultimate prayer and will bring with it the ultimate fulfillment.

It's rarely part of anyone's job to do s.e.'s for someone else. If you are concerned about someone, you can send that person the Light. If you are with the person (for example, if you are with someone who's in the hospital), you could chant your own initiatory tone and just hold with that person with neutrality and loving. The energy of your consciousness is best used in chanting your own tone, taking care of yourself, and giving of your overflow of loving to others.

Q: My mother is an initiate, and she is too ill to remember her tone and to chant it. Does the Traveler work with us when we can no longer remember our tone and don't do s.e.'s?

A: The Traveler will chant the tone for the initiate if the initiate doesn't chant it. The Mystical Traveler is doing that for your mother.

Q: I have heard that besides doing our s.e.'s individually, there is also value in doing s.e.'s as a group. Can you comment on that?

A: Doing s.e.'s as a group throws a "flying wedge" into negativity.

Q: Why do you suggest that we close our eyes when we do s.e.'s?

When you say, "I have good spiritual exercises, and I have mundane spiritual exercises," that seems to indicate that you were the one who was bringing about whatever phenomena took place in your awareness as you did spiritual exercises. But, as a matter of fact, you really don't have anything at all to do with it. It's being done by the Mystical Traveler Consciousness, who does the spiritual exercises for you according to your karma, not according to your thoughts or feelings.

A: There comes a point in each person's spiritual evolution when they must give up *all* outside reference points and go within to find the Divinity. So I teach going inside from the beginning. And it's usually easier to do this with the eyes closed so that the focus is directed inward and the person is less distracted by things in the world. Eventually the person evolves to a point where it doesn't matter if the eyes are open or closed during s.e.'s.

Q: How often do you say the Hu sound?

A: Twenty-four hours a day. It goes through my body continually. When I am talking to someone, I can hear something back inside me doing spiritual exercises, and when I stop talking, I can hear it come forward. Sometimes it distracts me, but there is also a great joy that is there, that continually floods me.

Q&A About Experiences During S.e.'s

Q: I'm not experiencing anything during s.e.'s.

A: Doing s.e.'s is like filling the gas tank of a car. At the gas station, you also check the oil, clean the windshield, put air in the tires, etc. Then you are set to travel. Often, the "travel" will take place during the night—and you may or may not be aware of this. But the important thing is to keep "filling the tank," to keep doing s.e.'s to bring in the spiritual energy—even if you don't experience anything during your s.e. time itself.

Your spiritual experiences are unique to you and have nothing to do with anyone else. They also have nothing to do with this world. They have to do only with you, the Spirit within you, and the Mystical Traveler Consciousness. Know that they are special for you, and hold them sacred.

Q: Some of my friends have told me that they are having all sorts of experiences in s.e.'s, but nothing like that is happening to me when I do s.e.'s.

A: It's important not to compare your experiences in spiritual exercises with those of anyone else. Sometimes our thinking we should have a certain experience blocks our awareness of Spirit, which always comes in its own way and in its own timing. Very often, the value of doing spiritual exercises is not found at the time you are doing them. It works much like when you run for exercise: you get the benefits after the running is over. In the same way, sometimes you get the benefits of s.e.'s long after they are over.

Q: In s.e.'s, I had a wonderful, loving experience with the Traveler, and I later shared it with a friend. Afterwards, I wished I hadn't because trying to get across what happened was almost impossible, and I felt as if my experience was somehow lessened when I talked about it.

A: You've described this pretty well. It's best not to share your inner experiences of Soul Transcendence and, instead, keep them sacred to yourself. It's a sacred experience when the Traveler comes to you in s.e.'s or dreams. You can share this with me or John Morton because we share in that with you, but it's best not to talk about it with others.

Q: Lately, I have been getting quite sexually aroused while doing s.e.'s. Is there anything I can do to stop that from happening?

A: You can consciously refocus your attention on the *tisra til*. You may have to do it a number of times, but keep at it. Also, sometimes this happens when a person is clearing karma in that chakra or related to that chakra (e.g., sexual fantasies). Don't worry about it happening; just refocus and be glad the karma is clearing. If it gets too bothersome (and you're the one to decide what that means), you could stop s.e.'s and do something physically active, and then you could come back to s.e.'s later.

Q: Sometimes I feel shock pains in my body while doing s.e.'s. Do you know what this is from?

A: Sometimes these may be clearing energy. This type of thing can also happen as the Soul is pulling the Soul energy up from the body. It can have painful effects where it has been too attached, through desire, lack of use, or physical injuries. And, as always, if you have a concern about something in your physical body, I suggest that your first approach to handling it be to check it out with health practitioners.

Q: What is happening when I'm doing spiritual exercises and my body feels paralyzed and I can't speak or move, yet I feel like I'm in my body?

A: You're not in your body and you haven't yet learned how to use the vocal cords or how to move the body while you are away from the body. You'll have more of your realization connected with the inability of the body to move. Then when you come back more into the body, you have more of your realization in the body and can speak and move the physical body. Prior to that, it's an illusionary process that you are still trying to claim residency or identification with. You may think, "If I can't move my leg, something's wrong," but you are not your leg. That's why it's not moving.

Q: Sometimes I feel strong energies come in while I do s.e.'s, and these experiences are so surprising to me that I tend to come out of s.e.'s.

As you consciously learn to hold increased energy within yourself during your spiritual exercises, you will be able to ride the energy higher and higher as it thrusts out with even greater power.

A: The way you learn to hold spiritual energy is just to keep doing it and doing it and doing it. In the beginning, it may seem like you can't hold the energy for very long, and that's to be expected. As you continue working with the tones, you'll be able to hold it a little longer and a little longer. And as you can hold the energy for a longer period, more energy will come in. Then there will be another shift as you learn to handle more. It's ETC—Eternally Traveling Consciousness—a continuous process, continuous growth. And being able to hold the spiritual energies is really a great, great blessing.

Q: During s.e.'s, I sometimes see very strange things or have uncomfortable feelings. What should I do when this happens?

A: Sometimes during s.e.'s, you may see, hear, or sense disturbing things or interesting or neutral things. These may be coming from yourself in this existence or from karmic things you are clearing from past existences; these may be things you have been involved in or even just seen or heard about. They may also come from psychic attack, from entities floating through, etc. The source really doesn't matter; the important thing is to keep focusing on the Light, the Traveler, Christ—whatever will help you hold an energy that is loving and positive. That loving energy can transmute the negativity, no matter its source.

When you are doing your spiritual exercises and everything starts going crazy inside, all you have to do is hold with that and realize that you are in the presence of the Divine and that it is the flesh, the mind, the emotions, and the unconscious that shake.

You don't have to judge yourself for any of it. If it's coming up to be cleared, the way to clear it is just to love it. That doesn't necessarily mean to like it or want it to hang around; it means to focus on loving in the face of it. And if it hangs on longer than you want to work with it during your s.e.'s, you can get up, move around some, and drink water to help yourself clear it.

When you see things inwardly, the best thing to do is just observe. You can always call on the Traveler for assistance, and you may even hear him say, "Just look," and then you love it all and forgive anything that needs forgiving.

Q: I stopped chanting years ago because I encountered a horrible force of evil when I was chanting one time, and it scared me.

A: Chanting the initiation tone doesn't bring in evil. Rather, the tone will force away from the body evil that has been hiding there.

Q: I've heard you say that the Traveler appears from our right side or from in front of us, not from the left side. In s.e.'s, I saw you inwardly towards my left side, and you and I had a very loving exchange. I was very uplifted, but I was a little confused because you were on my left side in this experience.

A: Not all occurrences of "the Traveler" from the right or from straight ahead are the Traveler, and not all occurrences of the Traveler from the left are *not* the Traveler. The Traveler has to do it the way the person lets him. The loving presence, often accompanied by such feelings as peace, joy, etc., is the hallmark of the Traveler's presence in s.e.'s or a dream—or anywhere, for that matter.

When you see the Traveler or any being from *any* side in s.e.'s or a dream, it's a good idea to check it by chanting Hu or your initiatory tone or asking for confirmation. For example, you can ask, "Who is Jesus the Christ?" If the response is not "the living Son of God," you can go your way. You can also chant Hu, Ani-Hu, or your initiation tone to challenge anything you see in s.e.'s or a dream; if

it is negative, it will fade away because it cannot stay in that positive God-energy.

Q: I have never heard the Sound Current consciously.

A: You may "hear" it inwardly, or you may also sense it or just have a knowingness. It can also be seen and smelled, and it can certainly be touched. When we smell the Sound Current, it often smells like a rose, chrysanthemums, or jasmine. You may look around, and none of those flowers are there, and no one is wearing that scent of perfume.

Sometimes the Sound Current will come in as you are feeling good without knowing why. You just feel good. This can happen during s.e.'s or at any other time, because the Sound Current is all around all the time. All we're trying to do is consciously make contact with it so we can keep pulling it through more and more.

Q: When I chant my initiation tone, I feel a real attunement with my true self or the Beloved, but I don't hear sounds and don't have anything fantastic going on. What is the Sound Current?

A: The Sound Current is the true self. When you are in the Sound Current, you may feel a vibration, a rhythm, a hum, a tone. If you are with the Beloved, you don't need anything else because you're riding right in the center of the Sound Current, and like the center of the storm, it is quiet and calm. What we do in s.e.'s is to work towards the center, towards the Sound, the true self, the Beloved.

Spiritual exercises are not the goal. They are the means to achieve the goal. The goal is Soulawareness or God-awareness. The value in spiritual exercises is that you make the Spirit familiar to you so that you can replace the familiarity of the world's distractions, activities, and excitements with the familiarity of the Spirit inside.

Q: When I say my tone and then hear the Sound Current and see the Light, I stop saying my tone and watch and listen. Usually, though, I say my tone again after a bit, and sometimes that feels a bit forced, as if it is pulling me back. Is it better to stop saying my tone and just watch and listen after connecting to the Sound? Is it okay either way?

A: Yes, to both questions because the only wrong way to do s.e.'s is not to do them.

The whole intent of doing spiritual exercises is to bring you to the Sound Current. After you're connected with it, you don't have to chant anymore. The whole idea of chanting and listening is to get you to this place where the Sound Current is coming through you. Once you hit that, you usually hear something like a soft "whooooooosh." Then you may wake up three or four hours later and you've had a good rest. In other words, you fell asleep. Nevertheless, you let go of whatever you're doing because this is not an ego movement; it's a spiritual one. So if you say, "I'm not getting anything out of my spiritual exercises," that's your ego saying that, and the ego won't ever get anything from s.e.'s.

You could chant, hear the Sound Current, drop the chanting, and start to listen. But there's a thing that should also take place here, and that is to watch or observe or open your spiritual eyes. This is because seeing is above all. You want to *see* it because there is a distrust in just the hearing and the feeling of it. This distrust seems to be built into the physiology of the body because we have felt and heard things that have been wrong. But to *see* something is to start to verify it.

When you're doing spiritual exercises, you hear the Sound and follow it, but if you don't also have the Light, you may stumble and fall. So you bring in the Light to see better. You also need love because that is the motivation to keep going. So you need the Light and Sound and love.

Q: During s.e.'s, I often indulge in fantasizing. Does this go against the direction of being a responsible creator?

A: Yes, indulging in fantasy during s.e.'s (or any other time, actually) would go against the direction of being a responsible creator. S.e.'s and other realms are not about fantasies. They are about awareness and upliftment. One way to stay in touch with what is going on is to pay attention to what happens with your energies. Are you uplifted? Are you scattered? Is your energy depleted? Does your mind focus, or does it wander?

During s.e.'s, you focus on the Hu, the Ani-Hu, or your initiatory tone, and then if something is happening that focuses your attention on something else, that is okay, but when you realize this, you return your focus to the tone. Part of it is attuning yourself to your own inner sense of whether something is a distraction, and since you asked about "indulging" in fantasy, this says you know when you are doing that and when you are not.

Q: Do spiritual exercises often cause different physical manifestations to take place, like not seeing or hearing well?

A: S.e.'s can sometimes do this, and you can also leave the body while doing s.e.'s, so we recommend that you don't do s.e.'s while driving a car or when you are working around machinery or are in other situations where your full attention is needed. If you're in the type of work where it doesn't matter if you have your eyes open or not, then it wouldn't make much difference. But if it's the type of job where you can't afford to be "out" that much, that's a different story. It's when you do s.e.'s that the Traveler can reach into consciousness to the Soul, to strengthen and pull it up, so you may be three-quarters away from the body and one-quarter in the body during s.e.'s. (When you read Soul Awareness Discourses, this is another time the Traveler gets to work with you very specifically.) You have to determine the type of work you're doing. If your work is demonstrating the softness of mattresses by sleeping on them, it's not going to make any difference. If you're a cop directing traffic at

Third and Main, I'd certainly not do anything but just stay wide awake.

Q: Sometimes after doing s.e.'s, I feel not quite "all back," but I need to focus and go to work. Any suggestions?

A: You can chant the E sound to get "grounded." To do this, you say out loud a long, drawn-out "eeeeeee," starting with a low tone (as if at the feet), sliding up to a high tone (a little above the head), and then sliding back down to a low tone (back to the feet again). Do this at least three times. Doing a little exercise and drinking some water can also help get all your consciousness back into your physical body. It's a good idea to get grounded before walking, driving, and so on.

Q: How can I stay in the body more?

A: That's not the approach. The approach is how to have multidimensional awareness, to be both places at the same time and handle it physically. That takes practice.

Q: I'm interested in meeting the Mystical Traveler inwardly and traveling out of my body. How can I best use the Sound Current I hear to move my consciousness away from my body?

The only way you can have the experience, the transcendental knowledge, is to have a spiritual transport that can move you from this physical level into the spiritual realms. This spiritual transport has three parts: the first is love, the second is devotion, and the third is the Mystical Traveler. You travel by way of the Sound Current, the supreme energy force, which is also known as the Holy Spirit, the Unstruck Melodies of Spirit, or God's Unspoken Voice.

A: What you are seeking actually takes place within you all the time. In reality, you are learning to become *more aware* of the times when you travel out of your body. This is not some action that is

separate from you, although many people have the mistaken concept that Soul awareness or the Traveler Consciousness is something that exists only in an altered state of consciousness. It can take place while you are washing dishes, writing a letter, or talking to a friend. It is a process of becoming more aware of who you truly are.

Q: Sometimes I fall asleep during s.e.'s, though I really don't want to. One minute I'm awake and aware, and then sometime later, I'll "wake up." It really bothers me, and I wonder if you have any suggestions for how I can stop this.

A: We will sometimes think it's bad to do this, but we shouldn't because we may not know all that's going on. Falling asleep may be a way to take you across consciousness into the Soul realm. If you look at it this way, sleep would be a valuable commodity. You are saying it's bad, and I'm saying it's just another one of the methods.

And if you'd like to be *aware* of moving into the Soul realm, you need to learn how to stay awake through the sleep part until you get over to the other side (the Soul realm) where there is awareness. That takes a lot of practice, but keep at it. Your intention to do this is a big key.

Q: Sometimes when I do s.e.'s, I hear the sound of wings and feel as if my body is falling into a fabulous emptiness. Sometimes there is an eagle that accompanies me. Is this the Traveler?

A: Mystical Travelers can appear as eagles or other things.

Q: Sometimes when I do s.e.'s and am watching inwardly, I feel as if I'm also being watched.

A: Initiates of the Traveler are always being watched because the Traveler Consciousness is inside of you, and it is always watching. Always. When you go to sleep, it stays awake. When you wake up, it stays awake. When you die, it still lives. When you're in the spiritual

state and you're watching, it's watching you watch. For what reason? That's just the way it does it.

Q&A About the Value of S.e.'s

Q: What is the connection between s.e.'s and the Light?

A: What we teach through spiritual exercises is to have the experience and to be the experience of the Light. If I tell you that you are divine and you don't know it, what good has it been to you? But if I tell you that you are divine and that doing these exercises can bring you the experience of divinity, then you will know. Then you have found value. But it isn't waving a magic wand. The spiritual path is not easy. It takes great courage to see the face of God because you have to see it in your enemies and your loved ones and everyone else. And you have to look. But, at the same time, you can be awakening more and more to the Light frequency because the Light is **L**iving **I**n **G**od's **H**oly **T**houghts.

Q: Is there any way to use the Light to protect the subconscious from being programmed when I'm not consciously aware that it is happening— like, from television, advertising, etc.?

A: The best way I know of to clean out subconscious or subliminal programming is spiritual exercises. During the early portion of s.e.'s, that which is in the subconscious is brought up to the surface for airing. The more deeply rooted concepts are often handled in the middle part of s.e.'s; when you are reaching past the mind-chatter into the Sound Current, such programmed energies are often transmuted. The last third of s.e.'s is primarily for Soul Transcendence and gaining awareness of the higher spiritual realms.

Q: How can we reach the higher God realms and stay there?

A: If by the "higher God realms" you mean the Soul realm and above, there might be several ways. One would be by evolution, which is incarnating for more and more experience until you have

experienced all of God's body on all levels. That can take a long time, to put it mildly. Another way would be involution, which is going back inwardly, through yourself. Sometimes that seems longer, but it is by far the faster way. You can complete the process of involution in one lifetime if you will.

What makes involution difficult is that each person has so many ancestral personalities within his or her beingness—through the body's genes and chromosomes, through psychic memory patterns, and so on—that discovering the inner beingness can sometimes be frightening. You might be doing spiritual exercises or meditation, be dropping deep within yourself, and suddenly see an image of a very ugly face or maimed body. Then you might become very fearful and think, "I'm not going to do that again. I don't care if I never find God, I'm not going back through all that." But that's where God is—back inside you, back through "all that."

The tones that you learn to chant can be helpful in this process of involution. The Hu tone or your initiation tone, when chanted, can build an energy field so substantial that it will take a shape that can be felt. You can form an identification with that tone and begin to ride it back into its source. You chant the tone every day; you identify with it more and more closely. The more you chant, the more familiar it becomes. Then as you chant, you begin to let your consciousness move and follow that tone. You've built its energy around you, so as you travel, you're inside of its energy and are protected in your journey. There is much safety in this. You may still encounter areas within that are frightening, but you have your identification with the Sound to give you a reference point and move you beyond the area of fear.

Spiritual exercises are an attunement with the loving quality, the pure loving that exists between you and God.

Q: Is the discipline of regularly doing spiritual exercises going to raise my level of consciousness and free me of karma?

A: Partially, yes. The other part of it involves your attitude towards your spiritual exercises. If you do them as a form of punishment, as martyrdom or complaining, spiritual exercises may not do too much. But if you do them in a form of sacredness and holiness and use them as a spiritual time between you and God, the answer to your question is yes. If a person does s.e.'s and is in contact with the Soul and transcendence, that assists in working off karma.

Q: What is the best spiritual exercise?

A: The best spiritual exercise is the one that takes you into the heart of God.

For More Information

For an explanation of personal-use and public-use MSIA materials, please see page 385.

Walking with the Lord (Paperbound book, ISBN: 978-0-914829-30-0). A beautiful book and the basic resource for inspiration and information on s.e.'s. There is a very useful list of tapes on s.e.'s at the back of the book.

Spiritual Exercises: Walking with the Lord (Personal-use CD packet #3907). An excellent packet that includes excerpts about s.e.'s, the H-U chant, and the information-packed seminar "Keys and Blocks to Soul Transcendence."

Inner Worlds of Meditation (Paperbound book, ISBN: 978-0-914829-45-4). Includes an introduction to meditation and ten meditations and exercises, such as the Ra, So-Hawng, and Tho meditations and techniques for working with colors.

“Inner Worlds of Meditation” (Public CD set, ISBN: 978-0-914829-64-5). Twelve meditations and exercises on three CDs, including the meditations in the book by this name as well as “The Spiritual Promise.” Presented by John-Roger and John Morton.

“The Law of Empathy” (Personal-use audio seminar #3004). The Ani-Hu chant is introduced and explained.

“Ani-Hu” (Public CD #1610-CD). J-R’s lovely prayer called “Our Song of Love” introduces chanting of the Ani-Hu, followed by beautiful meditation music.

“Which Voice Do You Follow?” (SAT #7082). How to differentiate among the voices you can hear inside you.

Soul Journey Through Spiritual Exercises (Personal-use audio packet #3718). A seminar on s.e.’s, “Meditation for Soul Travel,” and “HU Chant & Breathing Exercise.” A great support for doing s.e.’s.

“Innerphasing for Multidimensional Consciousness” (Personal-use CD #7694-CD). A guided meditation to help you become more aware of the many levels on which you have consciousness.

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1. There are seven energy centers, or chakras, in the body: knees, sexual area, stomach, heart, throat, third eye (center of the forehead), and crown (top of the head).

CHAPTER 10

CHRIST

The Christ Consciousness is within you and is that which brings love to heal all wounds, removes all separation, brings peace and joy to the troubled mind and emotions, and holds you in divine love forever.

Overview

Jesus Christ and MSIA

Jesus Christ is the spiritual head of the Church of the Movement of Spiritual Inner Awareness, and the Traveler's work through MSIA is based on Jesus' work. Jesus Christ made it possible for all people to enter the Soul realm, whereas before that time, this was available only to a few people. Soul Transcendence, the spiritual work that John Morton and I do, builds upon Jesus' work and makes it possible for people to be established in the Soul realm, traverse the twenty-seven levels above Soul, and to go into the heart of God.

When you exercise your awareness of what is, you may start awakening to the truth. It goes by a lot of names, like cosmic consciousness, Christ, Holy Spirit, self-realization, or whatever other term you'd like to use. It doesn't matter what you call it, as long as you can move to that place.

The Christ Consciousness is the spiritual line of energy undergirding MSIA. At the same time, MSIA has no disagreements with any other religious or spiritual tradition, and there are people

in MSIA from all backgrounds and traditions. I teach unconditional loving. Within that, there is acceptance for all spiritual paths and expressions. Each person is going through the experiences that they need in order to grow and to complete lessons in this lifetime. There is also the potential for each of us to move into the Soul, into that which we truly are, and to live life from that level in joy and fullness.

You might have noticed that "M.S.I.A.," when pronounced as a word, says "Messiah." In MSIA, the idea is that each person becomes his or her own messiah by rising to the Christ (Love) Consciousness within himself or herself. It is a universal spiritual consciousness, available to all—Jews, Christians, Buddhists, Hindus, agnostics, atheists, etc. It does not belong to any one group; in fact, it "belongs" to no group at all. It is through this consciousness of loving that we reach into the Divine within us, into who we truly are.

The Christ

Christ means the anointed one, the savior, the messiah. In its larger form, it is the Logos (the guiding spiritual force) for the planet. Sometimes people are uncomfortable with the term *Christ* or the name *Jesus*, but it is not necessary to get hung up on words or names. If one of those words bothers you, you could substitute the word *love* for *Jesus* and *Christ* when you hear them, and then see if that frees you up inside to go to the essence of what I am talking about.

The Christ energy is a Spirit form, and "the office of the Christ" is what holds that Spirit form. The Christ energy has been present on the planet since "in the beginning," and many people have held the office of the Christ down through history, though they would use a different term, like "anointed one." When Jesus was about twenty-eight or twenty-nine years old, he was overshadowed by the Christ Consciousness, which means that he awakened to the spiritual consciousness of the Christ to such an extent that it took precedence

over his personality and lower nature; he became the Christ to such an extent that it would be difficult to separate the two—Jesus the man and Jesus the Christ. He held the office of the Christ during the years of his public ministry and brought together all aspects of that spiritual consciousness in a way that had not been done before, a magnificent way.

Jesus' Spiritual Work

Jesus was so willing to cooperate with Spirit or the God-force within him that he actually took all of the negativity of the world with him to the cross. Another way of saying this is that he loved so much that he was willing to stand forward and sacrifice himself for all of us. Up to this point in history, we as humans were stuck in the negativity of the planet, but when Jesus died on the cross, he provided an example for all of us to follow and, therefore, a way for all of us to become free. In that way, he was a wayshower and teacher to all of us.

The spiritual work Jesus did was magnificent and far-reaching. Through his death and resurrection, he changed the karma of the planet. Before Jesus' time, the law of the planet was "an eye for an eye and a tooth for a tooth," also known as the Law of Moses (Exodus 21:24). Through the Christ action at the time of Jesus, human beings came under grace, and it is through grace that our individual karma can be dissolved. Then we are no longer bound by the law of cause and effect in that karmic area, provided we stay in the grace and do not recreate the karma. We open to the grace by connecting to the Christ Consciousness within, and this is how, in a sense, we start our own salvation.

When you judge yourself, feel bad about yourself, and think that you are not worthy or worthwhile, you are choosing the negative. You deny the grace of the

Christ, which is available to you at all times.

Prior to the time that Jesus entered into the sacrifice, the negative powers confined mankind to the lower realms of Light—the physical, astral, causal, mental, and etheric realms—and people could not get back into the Soul realm, back to God. The "cosmic mirror," which divides the etheric and Soul realms, always reflected a person back into the lower realms so that they kept reincarnating. Jesus came through from pure Spirit and bridged from the positive into negative. In this bridging, he came down into the negative realms and, in effect, told the negative forces that any human consciousness on any of these lower levels who turns towards God, Light, and purity cannot be denied that turn and that movement. This is why Jesus is one of the great hinges on the door of this spiritual dispensation into which we are moving. Buddha was also a hinge on the door, as were Moses, Abraham, and many others. I look at Jesus as being the top hinge, yet without all the other hinges on the door, Jesus' work would have been fruitless. We are also hinges on the door. We are also the door and the bridge on the other side of the door, and we get to walk across the bridge. That is our job in this time. We chose it, each one of us. The key is to do it.

When you turn inside yourself and consciously, purposefully, and directly reach for those things that enhance the Spirit within, you experience the strength of the Soul coming up inside you. You experience a joy that has nothing to do with this level. You know an integrity with you that lifts you and steady strength that sustains you through all things. That prepares a place for the Christ Consciousness to enter. You create a form into which the Beloved may come.

Jesus enacted our deaths (the deaths of every person). He literally died for us so that when we die, we can, through grace, move into Spirit and bypass the sometimes painful working-out of karma. Before Jesus' time, every out-of-balance action ("negative karma") needed to be balanced to the last farthing, but with the Christ action

through Jesus, there was grace—the dissolving, or erasing, of negative karma through forgiveness. (See chapter 5, Karma: Creation and Fulfillment, for more on this concept.)

At its core, repentance means to turn from sin (and sin really means "missing the mark") and to change one's ways. When a person turns from the negativity of the lower levels and starts looking towards the Divinity in and through all, this is the most profound repentance. Salvation means many things to many people, and perhaps it is most easily seen as re-membering ourselves into the body of Christ; that is, we know ourselves as truly a member of the body of Christ. We remember the truth about ourselves—that each of us is a Soul in a physical body, getting experiences through that physical body. We also remember and live in the consciousness of the Soul.

Jesus told us how to awaken to the Christ Consciousness within us when he said, "Love your neighbor as yourself" (Matthew 19:19), and the way to know God is to love as Jesus loved: unconditionally, through all things. He also said something else that is very profound: the things he did, we would also do, and even greater (John 14:12). We are all heirs to the Christ Consciousness, and we are learning how to activate that.

Q&A About Jesus and the Christ

Q: Is Jesus God?

A: Jesus knew his connection with God completely, and in the place where he was connected, he was, indeed, God.

Q: What is the difference between "Christ Consciousness" and "Cosmic Consciousness"?

A: They are virtually the same. "Christ Consciousness" is a Christian-oriented way of saying "Cosmic Consciousness." For some people, "Christ Consciousness" does not include the Buddhists, Moslems, etc., whereas they can feel that "Cosmic Consciousness"

does. But the two terms are so close in the level of consciousness they identify that there is almost no difference.

Q: How can Jesus be both the "only Son of God" and also our elder brother?

A: The Christ could certainly be seen as the only Son of God. As a man, Jesus exemplified the consciousness of the Christ more fully than anyone before him. Jesus is our example of a man fulfilling the Christ action, and we may look to his example as our goal, using it as a beacon for our own development. In *that* spiritual action, we are all the sons of God. It's just that Jesus manifested it more fully, and thus we call him our elder brother as we realize in ourselves those qualities of divinity, beauty, and the perfection of our spiritual natures.

Q: I don't believe in Jesus Christ. What is so special about him?

A: Whether or not you "believe" in Jesus Christ does not alter who he was and what he did. Jesus demonstrated his awareness of the Christ Consciousness more fully than anyone ever had up to that time. He manifested his connection to Spirit and God more fully than other people did then or do now. His awareness of being the Son of God, his knowledge of his Father's work, the purity with which he lived, and his integrity and ability to demonstrate pure, unconditional loving under any circumstances make him— to say the least—quite special.

Q: What is the Comforter that is referred to in the Bible? Will it "comfort" me?

A: The Comforter is another name for the Holy Spirit (or Paraclete). It is the energy of the Christ on the planet now, after Jesus ascended. It is the indwelling Christ. (You might read what the Bible has to say about this in John 14:15-26.)

Jesus also said, "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and

learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light" (Matthew 11:28-30). When you have come to the Christ within you, there is great comfort, even if you experience discomfort in your body or worldly affairs.

Q: What do you think of the *Aquarian Gospel of Jesus the Christ* by Levi?

A: I think it's pretty accurate and greatly symbolic.

Q&A About Jesus and the Jewish Tradition

Q: You say that Jesus replaced the Law of Moses with grace. Does this mean that the Law of Moses is somehow negative or bad in some way?

A: The Law of Moses is not negative or bad. It is an expression, and it provides an opportunity for learning, as do other religious traditions. Moses was a Mystical Traveler, who gave the law at that time. That law remains in effect for those who choose to be under it. If you move into judgment and feelings of unworthiness, you have put yourself under the law, and it will apply to you. You will create your own "retribution" (or balancing action) because that's how things work on the levels below Soul.

Jesus was also a Traveler, and he fulfilled the Law of Moses and brought a new dispensation, which is grace. Through grace, through the Christ Consciousness within you, you can bypass the law of retribution and can move into loving and into knowledge of your connection with God, which is through your Soul. This means that whenever you choose to do it (in big as well as small matters), you can bypass judgment and punishment and move into the forgiveness and love that are always present for you in your spiritual heart, where the Christ and the Traveler live *as you*.

Q: I have heard you say that Jesus "sealed the blood to himself and dissolved the Law of Moses." What does this mean?

When you express loving towards one another, this holds you more in the consciousness of grace.

A: The blood refers to the Jewish tradition of sacrificing an animal (such as a goat or lamb) as an offering to God and, sometimes, as a propitiation for sins. Jesus took on the sins of humankind and, through the Christ Consciousness, extended grace. The Law of Moses (an eye for an eye and a tooth for a tooth) was superseded by the grace of the Christ. That is, by connecting with the Christ Consciousness within us, we can dissolve karma and move into the freedom of the Soul.

Q: I am Jewish, and I am comfortable in believing that Jesus, like all of us, is the son of God. I believe he, like Moses, played an important role in human growth towards the awareness of God. I think that Jesus is God because we are all God and that he is no more God than I am. Does this conflict with the views MSIA teaches, and will my belief be a possible block in my path towards God or Soul awareness?

A: Your beliefs will not block your path to God, and there is no conflict with what MSIA teaches and your perceptions. Your present perceptions can be amplified and expanded by saying we all have within us the potential to actualize our God-self or Christself. Jesus reached his potential and manifested the Christ more fully than anyone had done at that time. He became the example many of us choose to follow because he represented the God-man.

The Christ Spirit is the invisible part of us. It is the God part of us. When Jesus manifested the Christ Spirit in the world, it became easier for us to recognize it and realize that each of us possesses a part of that within ourselves.

Q&A About the Christ and the Traveler

Q: Is working with the Traveler denying the Christ?

A: Not at all. Jesus Christ is the head of MSIA, and he was also a Traveler. All Travelers are one in the higher realms of Spirit, so there is no contradiction in working with both the Christ and the Traveler. In fact, it can be a very beautiful thing to do.

Jesus taught that the spiritual abilities he manifested were available to all men and women. The Mystical Traveler teaches the same thing. The abilities are available, and you need to awaken to the inner Divinity before you can demonstrate the abilities. The more you awaken to your true reality, the more those abilities become available to you.

Q: Is calling on the Lord Jesus Christ the same as calling on the Traveler?

A: No. When you call on the name of the Lord Jesus Christ, you are calling on the energy line that was brought forward some two thousand years ago. It was brought forward during that dispensation because of certain needs of mankind at that time, and it continues to exist today. The Traveler energy, even though it is always here, is periodically brought to the forefront of the planet to accelerate the opening of people's consciousnesses. The Christ energy and Traveler energy are compatible and work side by side (intertwined), and they are available for different reasons.

Q: Is your energy field different from that of Jesus?

A: The spiritual essence is the same. There are differences in the individual expression of that spiritual energy at times, such that it is possible to distinguish that the spiritual presence one senses is "J-R the Traveler" or "Jesus the Christ." It's kind of like distinguishing one branch of a tree from another branch of a tree; they are both still "the tree." They are in the same spiritual line of energy and, in essence, they are the same.

Q: I have heard you say that Jesus is your "boss." What does that mean?

A: Jesus is the Lord of the planet. On the planet, I submit myself to the authority of Jesus Christ, which is the ultimate authority for the planet. In this way, Jesus is my "boss" on this planet (and he's a great boss).

Q: Who was the Traveler after Jesus?

A: John the Beloved. When Jesus was on the cross, he gave over all the spiritual keys to John. He did it very symbolically. He said to his mother, "Here is your son," and to John, "Here is your mother" (John 19:26, 27). All the keys were given right at that point. A lot of people thought the keys were given to another before that, but that's not what happened because that one turned and denied it.

Q: Did Jesus teach about doing spiritual exercises?

A: Jesus lived a life that was one big spiritual exercise. He taught by example. In addition, when Jesus talked about communication with God, he was teaching spiritual exercises. He said, for example, "And all things, whatsoever ye shall ask in prayer, believing, ye shall receive" (Matthew 21:22).

Each Traveler shares the keys according to the dispensation of his time, so the form might change from Traveler to Traveler, but never the essence.

Q: Did Jesus initiate people?

A: Do you remember the part in the Bible that tells about Jesus in the Garden of Gethsemane when they came to arrest him? In Mark (14:51, 52), it says that when one young man took off running, a sheet fell off him, and he ran away naked. What was he doing? Jesus was doing initiations. He did them according to the ancient ritual of going into submersion to validate the teachings of John the Baptist and to come forward into the new Light, Sound, and love of God.

At the time Jesus Christ walked the planet, he taught Soul Transcendence, but not as a popular movement.

Q: Who are the present-day initiates of Jesus?

A: They are not identifiable as one certain group. Many initiates of Jesus Christ study in MSIA and are continuing their spiritual progression with the Traveler now.

Q: Can present-day Christians claim to be Jesus' initiates?

A: Anyone can claim anything they want to claim. A person is an initiate of a Traveler if they have been directly initiated by that Traveler. That may apply to some present-day Christians and not others.

Q: If I don't celebrate the meaning of Christmas and if I don't "hold Jesus in my heart," as some people say to do, is the Traveler still with me on my journey of Soul Transcendence?

A: Yes.

Knock and the door will be opened to you. If that doesn't work, knock a little lighter—you may be pounding too hard. You may be knocking and asking in the physical world and not in the spiritual. Spirit is a very subtle quality, more subtle than your breath.

Q&A About Knowing the Christ

Q: How can I know more about Jesus and the Christ?

A: If you really want to know more about Jesus and the Christ Consciousness, if you'd be willing to put aside any ideas you have

about what it should be or should not be, and if you'd be open to learning what it is, you could put this into the Light and ask in s.e.'s to be shown more about this. It may take some time to get answers, but if you're open to them and really want to know, you will get them. Jesus himself said, "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you" (Matthew 7:7). All you have to do is ask, seek, and knock—with an open mind and an open heart.

Jesus the Man, Jesus the Christ

Each year at Christmas time, much of humankind celebrates the birth of Jesus, who lived two thousand years ago and was brought forward and Christed in that dispensation. And it is sometimes easier for us to tune in to the Christ within our own consciousnesses through remembering Jesus the Christ.

In those days a decree went out from Caesar Augustus that all the world should be enrolled. And all went to be enrolled, each to his own city. And Joseph also went up from Galilee, from the city of Nazareth, to Judea, to the city of David, which is called Bethlehem, because he was of the house and lineage of David, to be enrolled with Mary, his betrothed, who was with child. And while they were there, the time came for her to be delivered. And she gave birth to her first-born son and wrapped him in swaddling cloths, and laid him in a manger, because there was no place for them in the inn. And in that region there were shepherds out in the field, keeping watch over their flock by night. And an angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were filled with fear. And the angel said to them, "Be not afraid; for behold, I bring you good news of a great joy which will come to all the people; for to you is born this day in the city of David a Savior, who is Christ the Lord. And this will be a sign for you: you will find a babe wrapped in swaddling cloths and lying in a manger." And suddenly there was with the angel a multitude of the heavenly host

praising God and saying, “Glory to God in the highest, and on earth peace among men with whom he is pleased!”

When the angels went away from them into heaven, the shepherds said to one another, “Let us go over to Bethlehem and see this thing that has happened, which the Lord has made known to us.” And they went with haste, and found Mary and Joseph, and the babe lying in a manger.

And when they saw it they made known the saying which had been told them concerning this child; and all who heard it wondered at what the shepherds told them. But Mary kept all these things, pondering them in her heart. And the shepherds returned, glorifying and praising God for all they had heard and seen, as it had been told to them (Luke 2:1-20).

Whether we read from the Revised Standard Version of the Bible, the classic King James Version, or the more modern *Aquarian Gospel*, it is always beautiful to read again the story of Jesus’ birth into the physical world because it symbolizes for each of us the promise of our own divine heritage.

It is a joyful day when you can know the Christ within. When you can live and demonstrate that beingness, it is an even greater day. And when you can look out and see the Christ in others, you are indeed blessed and beloved of God.

Jesus’ Perfect Love

Many things have been said and written about this man, Jesus, who was overshadowed by the Christ Consciousness. Here was a man who had a perfect love relationship with the entire world. Can you imagine that perfect love with everything that existed? A story is told of Jesus walking down a road and coming upon the decaying carcass of a dog. It was the dog’s teeth Jesus looked at, and he said,

“Look how beautifully they shine.” Others saw the decay and smelled the stench, but his perfect love saw only the perfect beauty. As we enter into our own Christ Consciousness within— and it is within each one of us—we are stirred into seeing this beauty as it is represented around us in this present time.

Here was a man who, in one moment, was so tender that the most beautiful music was coarse in comparison, yet who was also so rugged and stern that the mightiest oak tree was nothing compared to him. Just imagine the dimension of someone who could come forward in one moment and cleanse a “marketplace” and, at another time, raise the dead. Such dimension—to seem so volatile in one moment and so giving in the next.

To everything he touched, Jesus gave of his Light/Spirit, and in the few short years of his life that people have heard most about him, he gave entirely of his life stream. This life stream was not only part of the Christ Consciousness, but it was also his own life stream. He had dedicated himself to the highest form of Light in this creation that, to our knowledge, can ever be manifested or that ever will be.

It’s interesting to remember the times Jesus walked along the roadway. I don’t think many people consider the idea of a man who can walk along a road and get dusty feet yet be a God in manifestation. Interestingly enough, those with him seemed to get very dirty along the road, while he seemed only to get dusty. Jesus demonstrated the Spirit by being able to move back from himself the things that he did not need.

We walk along the “roadway” of our lives and often get pretty dirty, picking up what is around us. But here was a man who so loved that nothing was above or below his consciousness. Jesus would wash his disciples’ feet. He would feed them. When they were all asleep, he would wrap their robes around them to keep them warm. He worked with the people who needed the work.

Many times, religious groups came after Jesus to capture and detain him, but so many times were they thwarted that this also

became a miracle. They would reach out for him and find he wasn't there. If he wanted to be surrounded and incarcerated, he had the consciousness to accept that, and if he didn't want that, nothing could harm him.

Jesus' Life and Ministry

Jesus traveled all over the "known world" at that time. Some of those who were called forth as disciples traveled with him long before they were disciples, assisting him in his open ministry in what we call the Holy Land (which is, indeed, a holy land because it has a vortex of energy that comes up through the earth).

There are so many things that can be told of that thirty-three-year period when this man went through more torment and agony than most people can ever imagine. Jesus' initiations into the various aspects of his ministry before he started ministering were beautiful to behold. Unless you can understand and see what was being brought forward, you will not know his way; only those who have eyes to see and ears to hear can know of the Light in its ministry.

With few exceptions, those who are part of the earth form will not know of this ministry through the Christ Consciousness. They will know of it when they are in another dimension. When they are taught in that dimension, the agony of their consciousnesses will be to look back on this planet and see where they could have grown so much more rapidly here because here on this physical level, we have such tremendous freedom. When we step into another kind of consciousness, we are restricted much more by certain laws; only on this planet do we have such freedom.

It's interesting to look back in time and see a man walking down the road at dusk. The company of Jesus sometimes got very hungry. They didn't have anyone to carry food for them, and they appeared to be at the mercy of the elements. But they really weren't because throughout the land where the ministry was taking place were groups of what we might call Light workers. They belonged to

various sects, among which were the Essenes and the Nazarenes. As Jesus and his company went into these areas, everything would be taken care of for them. This was such a tremendous work and was laid down in such an ordered fashion that you might think it would have taken a general with a large staff to have set it up. Yet, in a moment of consciousness, these things were brought forward—because always and forever, wherever Jesus went, the Light moved ahead of him and the way was prepared for what he was to do.

When Jesus entered onto the planet as a baby, his birth was a phenomenon. Nothing else at the time was quite so phenomenal as when this baby was brought forward, and many people saw the ministry of angels coming forth.

Needless to say, the years before Jesus' open ministry were ones of intense study that very few people know about. He traveled under various names, and one was Joseph, or Joshua. If you could see the registers of the various mystery schools around the world, you would see the name Joseph/Joshua and the company he traveled with registered there. He was initiated into many mystery schools when he went into Persia and Egypt, and he even went into China.

When you stop to think about this man, he was, indeed, a world traveler. We could also say that he was a mystical traveler because wherever he went, the Christ Light went with him. He was overshadowed just about the age of thirty with the office of the Christ, and this was only after he had fulfilled all that was set before him to do—*all*. From the moment of his first breath, Jesus was being educated to manifest the Christ action, to become the Christ for the planet, a God incarnate.

The Bible speaks of God's "only begotten Son" (John 3:16). That Son, that Christ Consciousness, is in each one of us. St. Paul wrote, "Let this mind be in you, which

was also in Christ Jesus" (Philippians 2:5). This means that you are one with the Christ within and that God is totally present with you.

It's such a fantastic thing to have this type of action take place that we may not consciously realize what it is. The same air that was breathed by this great man, and others since, is still being breathed by each one of us; we are part, in more ways than you can imagine, of this particular action of the Light as it comes across the planet. We can refer to the Light as the "Christ Light," but we can also refer to it as being a universal energy source that comes from the Supreme God—and this covers every race, religion, creed, and so on. It's all part of the divine action that is being brought forward.

Once Jesus was with sheep in a field when one got lost, and he went to find it. His parable of the lost sheep was not just a parable, you see; it was taken from his personal experience. Of course, when he found this lost sheep, he brought it back. Later, he brought forth the parable to show that not one Soul will be lost, not even the little "sheep" who doesn't know what's going on and who gets lost in the thickets of our civilization. A worker of Light will search this one out and bring it back to the fold.

Manifesting the Christ Light

There have been many Christs on the planet, but only a few have been able to manifest the Christ Consciousness in its highest glory and its highest manifestation. To be initiated into something is one action, but to manifest the initiation is another action. Many are called, but few choose back. You may be chosen to represent the Light, but you must also choose in return because the opportunity to manifest the Christ Light is never given to you but that you say, "Lord, I am ready. Here I am." Then the Light comes to you.

By presenting yourself in a position of acceptance, you go towards the Light. As this Light enters into your life, it can change you. It can lift you and purify you. I haven't seen anything yet that could not be done through this Light. We're all part of this focus, and as

we continually bring forth our greater and greater Light, we are, indeed, doing it the way Jesus taught—not the way he saw so many doing it when he said, “Father, forgive them; for they know not what they do” (Luke 23:34). Jesus was also seeing ahead to the time when the teachings of the Christ would be perverted and corrupted through the hundreds of years after his death.

Together, the many dispensations over time can be looked at as a door through which we go. As I have said, Jesus the Christ can be seen as the door’s top hinge. There are other hinges on this door, and they are all manifestations of the unfolding Christ action. Still, we have to remember that no matter how many hinges there are on the door, we as individuals need to place our key (our consciousness) in the lock and make the necessary effort to turn the key and push open the door.

So many teachings have been brought forward about the actions of Light that 99 percent of the time we walk around in a quagmire, listening to all the different points of view and the different directions. We are hearing the same cry that was heard two thousand years ago. There were many different points of view then, too, because the people at that time were expecting a Messiah. Have you ever wondered what they looked forward to? The Pharisees thought he was going to come and fulfill the law. The Sadducees thought he was going to come and denounce the Pharisees. The Pharisees were upset because the scribes were recording all this. And the Nazarenes and Essenes thought none of them saw the truth as it really was.

You awaken to the Light and to the inner Christ through loving, laughter, empathy, and involvement with all life as it presents itself to you.

Caiaphas was the high priest of the Jewish Sanhedrin, and every time a new Messiah appeared, he would say, “Let him go. He’ll destroy himself pretty fast.” Caiaphas would wait long enough, and

the proposed Messiah would, indeed, discredit himself in many ways. He'd say things he couldn't back up or promise things that couldn't be fulfilled.

Then along came Jesus, who didn't really promise anything and didn't openly claim much. All he did was talk to people in the consciousness they were in. Yet many people missed what he was saying to them. So even though he was a master reigning in his glory two thousand years ago, he didn't reach everybody who was there—but only because everybody was not ready to work in a higher consciousness.

Even today, not everyone is ready to work in a higher consciousness. As nice as it would be to say, "Let's all go; we have the place prepared," the conscious part of us will often stand in our way. So our work, if we accept it, is to bring our consciousness into the higher understanding, into experiencing and knowing the Christ within.

Christ—The Self of Man

Jesus often referred to himself as the Son of man. When asked what he meant by that, he answered, "I am the self of man, the self of all humankind, the great inner knowing. This is what I am." When thought of this way, it can make more sense. The self of man is the Christ that is in every person, each one. Jesus manifested it to such a high degree of glory that he became that which is the Light.

The mind changes, the emotions betray, the body falls apart, the personality alters, but the living heart of the Christ lives on eternally. Eternity is now. The eternal now is always present.

Perhaps many of us have asked Jesus Christ for salvation. Yet if Jesus is the self of man and each of us is part of that self, then each

of us is our own step towards salvation. We are our own doctrine. We are our own covenant. We are the temple of God. So we have a great responsibility. At the same time, we can't get stuck in a "holier-than-thou" attitude or in the opposite attitude of belittling ourselves.

Looking Through the Eyes of the Master

A young man once called me and said, "I'm wasted, just wasted." As I am when anyone starts this with me, I was very quiet because if he had asked me what I thought, I'd probably have had to agree with him, since this was the consciousness he was expressing. But he had the wit to ask, "How do I stop this?" Then it became easy for him to ask how to change and grow.

I answered, "My young friend, if you were Jesus Christ returned today, what would you do?" Then he started solving his problem because he started looking at it through the eyes of the master.

Let's think of this idea of how you can look at things through the eyes of the master. By using your creative consciousness, you can bring forth the self that is you in the Christ Consciousness. To do this, you can start with generating within yourself the feeling of love for all humankind, a loving for everything on the planet. This doesn't mean that you have to go out and protect everything, and it doesn't mean that you have to be aware of every leaf that falls, but it does mean that you are very open.

You may sometimes feel as if you can't love your boss or your brother-in-law or someone else. Go back to the eyes of the master. Would the master love your boss? The answer is yes because the master loves you. It can be easy to move into this consciousness, but it's even more important to move deeper in your consciousness and tune in to the Inner Master, the inner expression of the Mystical Traveler. You can let yourself open and flow with the Holy Spirit. Ask for it within your consciousness. Ask for it with a prayer of welcome.

God didn't put you on this planet to be a beggar. God put you here and said, "You are the prince of the throne and an heir to all powers, principalities, and kingdoms. I will give you the Light. I will sustain you forever, and all you have to do is come back to Me." Jesus also said, "Strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it" (Matthew 7:14). God has made the promise; to enter into the fullness of that promise, you open to the Christ within you, which will guide you along the narrow way into greater spiritual awareness.

Christmas, the Christ Mass

To me, the greatest heritage of the Christ Mass, or Christmas, as we celebrate it, is that we are actually celebrating our own birth. We're celebrating our own resurrection. We're celebrating triumphantly our own movement back into our true self or Christ Consciousness. In fact, many of us are just rushing into it, arms and hearts wide open, full of love, and knowing that not one thing is coming our way that we can't handle.

The word *Christmas* is actually the words *Christ Mass*, which mean the worshiping of the Christ within each one of us and the partaking of that Spirit. We reach inward to the Christ and worship—not the person, but the God, the God of our hearts, the God of each one of us. At the time of the Christ Mass, it's almost as if the angels are touching very near to the hearts of men and women, especially those who are open to the eternal message of love, understanding, faith, hope, and charity.

Your challenge is to reach inside yourself and discover the God part and to work with it all the time. It is a never-ending process.

Symbolism of the Story of the Christ

The story of the Christ is one of universal symbolism that says that each one of us is the Anointed One, the Christ, the Messiah. If you update this story in your mind and bring it in as new—right now—you might very well discover something going on inside you that is the moving of your spiritual inner awareness. Some are more spiritually aware than others, but on whatever level you find yourself, that will be the level on which you approach the Father, the level on which you approach the Christ, and therein will you worship and pay homage.

Jesus the Christ spoke some simple truths, and as we tune in to and partake of the inner Light, we know that all things are eternal and that there is a season and a time for all things. We know that when our time is full upon us, we do give birth to the Christ within. It's there. Many times the seed is there in barren or scorched soil, but it is still there. It will always be there, just waiting for us to scratch below the surface of our consciousness and bring the determination of who we are to bear upon this seed of greatness and usher it forward.

When you pray, pray for the strength to overcome all negative aspects, the wisdom to guide you into all positive aspects, and the ability to stay focused on the Traveler as you are lifted into Soul consciousness, into the realization of your true self, into the recognition of the Christ.

Jesus' life symbolizes the birth of Christ within each person. We've probably all been sorely taxed in one way or another in our travels across this planet. I'm sure we've all had trials and tribulations and have cried out, "Oh Lord, Lord, how much longer?" Maybe we didn't hear anything, so we knew it had to be a little longer. Then we may have turned to our fellow men and women and asked, "How much longer?" Then we knew it still had to be a little longer because we heard nothing.

The Travelers come forward to tell you of the other realms of consciousness and to say, “We can all go, and we can go now. But to go high, we must be free of all the chains that bind and confine us here on the planet.” So we joyfully unshackle ourselves and learn to use the wisdom of the true self to step forward in those areas that are for our highest good.

The True Self

Your Christ Consciousness will eventually bring you into a position where you can enter into awareness of your true self, into your own movement of spiritual inner awareness. It will bring you to the point at which you become the Messiah, the promised one. You become the alpha and the omega, from everlasting to everlasting—because you already are.

> *“Light for the highest good” is a complete prayer. Nothing else is necessary. It will fulfill every need.*

There is nothing quite so precious as your true self. The cosmic self or the Christ self is in contact with all knowledge and universal wisdom; even more important, it’s in contact with God. Through your true self, you can rise so high that you may even seem large physically. You can lift yourself so dynamically that you may give the appearance of filling a room with your presence.

At the same time, you will know that you can’t inflict yourself on any other Christ Consciousness. As you look at people, you can see their beauty and their love; you can see their Light. You can adore them for the Christ they are and assist them, if it’s for their highest good, in lifting into all consciousnesses that are theirs. In everything, you are always working within the concept of “for the highest good.”

You may have found that your highest good may sometimes be a little different from what you thought it should be. You may ask for the highest good; then something happens and you say, “That doesn’t feel too good.” Yet later on, you may look back and say, “I’m so glad I went through that. That taught me a tremendous lesson. A valuable experience came forward.”

As you go through your lessons, remember that you cannot destroy the true self. No matter what you do, it cannot be destroyed. The negative power cannot destroy this self. It can make the body pretty miserable, but when that body is miserable, remember that you can move away from it into a higher consciousness.

For example, I once met a woman, and I looked at her and said, “My, the pain in your body is fantastic.”

She asked, “How did you know this?”

I answered, “Because of many reasons, and let’s let it go at that. But tell me, how do you live within that body?”

“I don’t,” she said. “I live in my higher self. I know there’s pain in the body; there’s cancer all through it. I know this body does things other people can’t appreciate. I know it’s only a burden on them, but it doesn’t burden me. I keep lifting higher and higher.”

If you were to look at this woman, you’d probably think, “What an angel.” You’d never think there was anything wrong in her body. She was manifesting the higher consciousness and was getting very close to finding the true self.

We can never be parted from the true self. As we resolve to remove each block, reaching further and further into this higher consciousness, we let our hearts sing joyfully, for unto us this day is given our birth. We are born anew into our own unfoldment, into the spiritual Light.

Let’s not be too concerned with the little physical problems we have. Maybe we sometimes do have one beer too many, eat too much candy, or overindulge in other areas, but let’s not hold these things against ourselves. If someone doesn’t see eye to eye with us, that’s fine because it gives us a chance to see that person’s point of

view, and when we see that point of view, we expand our consciousness even more. As we lift higher and higher and we travel further and further through all the realms of Light, we will know we are masters, we are the Light, we are of Spirit, we are gods in manifestation.

So rejoice—because the knowledge is yours. And now you must manifest it, understand it, and know that you know, for you are, indeed, holy. Everywhere you go is sacred ground, every person you touch to is a sacred person, and each consciousness is to be respected. All the hurts, the heartaches, and the sorrows can be turned over to the Inner Master, and there they will be dissolved through the Holy Spirit.

If things in the past have seemed rough for you, it may be that the barriers to your true self were being stripped away. Once you see the Soul, once you can glimpse that self within you in all its majesty and glory—oh, my friend, nothing the world can give you is going to mean too much from that point on. Someone may give you a new house, a Cadillac, furs, jewelry, a lot of money—whatever—and you'll say, "Yes, all right, okay. Now let's get going. I want to get back to the true self." It will be like a little child giving an adult a mud pie. You'll say, "Yes, yes, very nice. Now let's go on." That's the way these material things may look to you.

But still, we're in the flesh, and this is where we're going to work out and balance much of our karma. We'll work out a good percentage of it here physically, and the rest of it will be worked out while the body is sleeping.

If you don't get caught up in the physical world, you can feel yourself lifting. But don't try to escape the world; don't do anything to escape it. So many people now are running so fast just to get away from themselves, yet are having to come back to the true self. We have to come back to it in a natural, orderly way. We have to come back and say, "Here I am, Lord, the co-heir to the throne and the prince of all time."

Just realize for a moment that you *are* the heir. Nothing can be denied you. Of course, you have to work off the things you've earned from your past actions; but when you've worked these off, you can find that you may order the universes of Light and that they bow down to you. The angels of the highest realms of Light minister to you when you realize you are Christed, when you realize your true self is divine and eternal, from everlasting to everlasting.

Lifting with the Light

It's so beautiful that the Light brings people together from every level of society, from all races and all religions. The Light doesn't care from which racial heritage you descend, and it doesn't care if you're a banker, a robber, a housewife, or a dentist. It doesn't care. It just wants to join you in worshiping your own divine self. So when you ask for the Light to move in with you, it does—so joyfully that you can be lifted.

The Light also knows that its loyalty is always to the Supreme God, to that One who must remain nameless. Consciously, we may sometimes say, "Maybe my loyalty is to my bank book or my job." While we get hung up on those things, the Light is busy showing us that we must continue towards God.

When the Traveler says, "Come, let's go to this place that has been prepared," we can then lay aside the material things, which will perish, and step into the spiritual realms and be with that which never perishes. We can step from the consciousness we call the physical into what we call the spiritual, where we know that nothing can separate us, that nothing can stand in our way, and that we can place the Light wherever we are.

As you move through all the experiences that come to you, both in the outer world and in the inner levels of your consciousness, and as you use empathy, loving, and

forgiveness as the criteria for your behavior, you awaken to the inner wisdom of the Christ.

It is our destinies this time on the planet to lift the consciousness of the world and actually prepare it for the golden age that is now approaching. Those of us in MSIA are that golden bridge from the consciousness of yesterday to the consciousness of tomorrow. We'll walk back and forth on that bridge many times, taking the Light to the people of yesterday and walking with them across that golden bridge of promise to the consciousness of tomorrow. We'll show them the way and be Light bearers, because the spiritual Light is seen with unseeing eyes and the spiritual Sound is heard with unhearing ears.

Christ Consciousness—Day by Day

Each of us has probably asked many times, "How do I get to God?" You get there by overcoming your conscious self in the mind and stepping into your Christ Consciousness, which is the Soul, your true self.

The true self can be recognized by the attributes of love, charity, and wisdom. Most of us find it easy to love when we get something we want, but can we still love when we don't get what we want? Can we assist other people without inflicting ourselves on them? Can we lovingly help them with something without taking the experience and their learnings away from them?

Being a Light Bearer

One of the biggest things I have to work with in my consciousness is seeing people manifesting so much beautiful Light and then wanting to move in and try to make everything "perfect." That would be easy to do. It's harder to stand back and love and let people go through their experiences, but that's what I do because I

love them and want them to get the experiences that will help them to grow into an even greater awareness of God.

Your agony is my agony because I sense it so intently with you, and the love you give me is a love that sustains me and assists me in giving love back to you.

There's an old saying through the line of Mystical Travelers: "If you love the master, he's always with you. If you don't love the master, he's always with you, but you might not know it." It's the same thing with the Christ Consciousness. When we love it intently, it's with us, but even when we don't love it—even if we curse it—it's still with us, but we might not know it.

There is one truth that's worth repeating: "You and I are one." I am always with you, as you are always with me. Knowing that, I never walk alone, and neither do you. When you falter a little, there will be a Light bearer there to steady you—not to take the step for you (because a Light bearer won't do that), but to steady you so you can take your next step.

As *Light* bearers, we support every action, no matter what it is. We can love each and every person, no matter who they are, what they say, or what they do. We look through the eyes of the master at all people, and with adoration we love them just as we love little children—because we are all children of God.

When we become one with the Christ Consciousness, we become the only begotten, one in the great Ocean of Love and Mercy. So, if you will, take love, charity, and wisdom to use wherever you go. Let people come to you to be lifted; they'll probably search you out. Give them the chance to come to you, and don't hold yourself aloof from them. You may tell them nothing about the Light, but by your being full of love, charity, and wisdom, they'll get the message.

You can go forward into this world, anointing, blessing, and lifting, maybe without even mentioning a word about the Light. Much of the action will be love, and much of it will be truth. You can see what's going on; nobody's fooling you. You know what is important to you and where you are going. If someone isn't doing

what you are, that's okay. Whatever they do, you're with them. That doesn't necessarily mean that you're going to do what they do because, really, they are the only one who can breathe their air, digest their food, and make their blood flow. Whatever way they decide to do it is okay.

Each man, each woman is God manifesting on this level again and again and again, and there's the Christ waiting to anoint this person and lift them into the oneness that is God.

We also say to people that if there comes a time when what they're doing isn't working for them, then they can look for the truth and have the wit to change those things that aren't working and move to those things that are. If things work on Monday and not on Tuesday, be sure to drop them on Tuesday.

Our Spiritual Oneness with God

You are the messiah, but you must know it within your own Christ Consciousness before you can bring it forward and manifest it. Listen to these truths with the "third ear," the unseen spiritual ear by which we listen inwardly; then you can hear so much and your consciousness can become so much greater.

So we take a few moments and tune in to the Inner Master. Within that consciousness, we can rededicate ourselves to our oneness with God and resolve that we'll make each stumbling block that comes our way into a stepping-stone. On each stone that bruises us in our travels, we'll shed the spirit of life and Light and, if necessary, anoint each stone with our blood.

We also bring forth love, charity, and wisdom, so that we may know we are on the path of Light and move through all levels of consciousness. We resolve to say a good word even after we have

said bad words, to see something beautiful within each person, movement, and situation. The angels of Light are attending us. The masters of the spiritual hierarchy are blessing us as we spiritually partake of the Christ Mass and open ourselves into the higher dimensions. The Lord Jesus said, “Lo, I am with you always, to the close of the age” (Matthew 28:20), and we know the truth of that statement. We know that the Spirit within each of us is one and that we can never be separated.

Within this oneness, each person has many levels of consciousness, three major ones being the lower self or basic self, the conscious self, and the high self. (See chapter 3, The Three Selves, for more on this.) Human beings speak from these different levels at different times, and Jesus exemplified this in many ways. He spoke from the level of the lower self as he cleansed the temple. He spoke from the level of the conscious self when he talked to people and discussed the parables. And he spoke from the level of the higher self when he said, “I am the way, and the truth, and the life; no one comes to the Father, but by me” (John 14:6).

Finding the Father Within

Where is the Father found? How do we find eternal life? The Bible sometimes does not give us specific answers to our questions, but you must understand that the Bible is coded to protect the great knowledge that is in it. Otherwise, people who are not initiated into the mysteries of the inner Light could corrupt it and use it to abuse, hurt, and control.

By “doing it for you,” people can gain control over you, making you a spiritual cripple and holding you in bondage to them. They may do this inadvertently, thinking they are assisting you by telling you what to do and making your decisions for you. But they are really binding you (not releasing you) by doing this.

A person may call my name, and I listen and often answer, “You must do that yourself. You must make that decision. But make it

wisely because, as a creator, you're going to be bound by that choice."

The person may say, "Yes, I realize that, and I'll make good choices. It's okay. I know I'll have to live with the results of my choices." They may consider their choices carefully, or they may make haphazard decisions or say, "I'll decide later."

Jesus helped everybody but the fools, and he let the fools go their own way. You may ask and ask and ask—and while you are asking, you are getting the answers, but you may be so busy thinking of the next question that you may miss the answers.

Sometimes you ask and get no answer, and you may get disturbed and think, "I've been forsaken and let down." Did you ever stop to think that maybe there was no answer at that time? It just might be that you were not to do anything, that you were to hold firm to the Light that you are, that you were to just take that next breath and quiet the lower self.

When you get hurt or experience butterflies in the stomach, anxieties, and apprehensions, you may ask, "Why me? Why me?" The answer may be, "Because you're handy." But if you don't like a situation, you can get out of it; you have a right to do that. There are a lot of ways to get out of something, and the best way can often be to sit down and very quietly say, "Father, here I am. I don't know too much. Sometimes I like to think I do, but I'm not too smart, even though I can talk big. But maybe, just once, will you extend to me the graciousness of helping?"

That small voice wherein the Inner Master speaks to you may very well say, "My Beloved, it is just a while longer that you are here. Can you not endure all things to find the Kingdom of Heaven?" So you may say, "Yes, Lord, I can. But is that going to be by tomorrow?"

It might be terrible to think you have to die to "collect," but that's not the message Jesus the Christ brought forward. He preached of a heaven right now. Jesus preached of the Light right now. He said, in essence, "It's here. If you pray, believing your prayer will be

answered, it is done" (Matthew 21:22). Prayer that comes out as a control pattern will rarely bring you what you really want. But prayer that is a greater Light attunement and that is reaching to the Christ Consciousness within will bring to you those things that are for your highest good.

Whether we reside in this physical body or outside of it, life is eternal. That's another thing the master Jesus said: "If you believe in me, you shall have eternal life" (John 3:15). He was not referring to himself as Jesus the man, but as Jesus the consciousness of the Christ. If you believe in a man, you may go down into your own purgatory, into the hell of your own making. Then you drop lower than the lower self and express in that way. On that level, all that seems to get done is, "Feed me. Make sure my stomach is full. Make sure I have a place to sleep." But Jesus said that the Son of man has no place to lay his head (Luke 9:58).

The Traveler teaches about the sacrifice of what is negative and limited in your consciousness—but sacrifice so that you may expand into what is positive and uplifting, so that you may discover your own Christ Consciousness.

It is a paradox that we must give up everything to have everything. We must sacrifice all things to receive all things. You may say, "Lord, I want to know. I want to have enlightenment."

So Spirit says, "What will you exchange for this? Will you give up all things? Will you pick up your cross and follow me?"

"No, no," you may say, "I don't want to do that. But I will go to church on Sunday if that's all that's asked. I don't want to make it every week, though, because some Sundays I like to go fishing, do things with my family, or play golf. So if I can have it on my terms, Lord, I'll take it. Okay, I'm ready."

Then it may seem as if nothing happens. But it may be that you just aren't seeing the enlightenment that is taking place or hearing

the inner voice that is saying to you, “That way isn’t going to work. It will not bring you what you really want.”

So then you may go to a different teacher and be introduced to new ideas. You may say, “I will pray fervently night and day, saying the name of the Lord. How’s that?” If you don’t hear anything, you may think, “Maybe He’s just waiting.” So you pray and pray and pray. It may become rather mechanical, but you still pray. Then one day, perhaps you get in trouble, and out of the very depths of your beingness you cry out, “Help!” Then in the door walks your answer, and you know it’s your answer because the problems are clearing up, and things in general are getting clearer. Who you are comes into focus. How to handle things becomes clearer. You learn to keep your mouth shut, which can also clear up a lot of things.

God knows that, ultimately, all things will come into alignment as part of your understanding. When you realize that all things are added to you according to your understanding, it’s much easier for you to flow through this life. You may say, “I understand, I understand. Reveal something to me.” So you are given a secret, which you tell to the first person you see on the street: “Guess what I know!” Then the information may be shut off to you, and you can’t understand why.

When you understand the nature of your beingness, you have the key to all creation, and the key is this: when we pray fervently from deep within the conscious self (where we are now), we charge our lower self with this prayer, and it will release energy up into the high self. The high self will then send the energy back down into the lower self, until the lower self is so charged with energy that it forces the energy back up into the conscious self. With this spiritualized energy, our consciousness rises. That’s why we don’t have to go anywhere except within.

But sometimes we ask, “Where is ‘within’? If the Kingdom of Heaven is within, where is that?” It is a consciousness, not necessarily a physiological location. We go past the superficial things and into our consciousness. We learn to close our eyes to those things that will distract or corrupt us, that will prevent us

from reaching into the high self. There are many people on this planet who have reached into their high selves, and they all have the same message: “I am the way, the truth, and the light. I am that I am.”

I think we’ve all found out the meaning behind the old statement, “The path is straight and narrow.” We have all been sorely tempted to stray into things of the lower self. But when we educate this lower consciousness and bring it into alignment and fulfillment, we have unified all our levels of consciousness, and all things in all existences will bow down. Because it will be our own Christ Mass at which we’ll be feasting, it will be a beautiful day. We can rejoice in it.

Lest you be confused by the things of this physical world, close your eyelids that you may see, and close your ears that you may hear. You must reach into a higher level than where you are now. Young children do this automatically. They hear, they see, they are. And they fuss and squirm when you force the physical world on them because they’re not yet prepared to handle it.

Real freedom is when you’re sitting right on the edge of trouble and turmoil and you can say, “It doesn’t matter. It can happen only if the Father has given it to happen. And if He’s given it to happen, it’s going to be fantastic, no matter what. So let it happen.” You’ll probably find that it goes away, that it was an illusion.

Do you want to know how great you are? Look at how you handle the physical world. This is a rough place in which to work. It’s not enough just to breathe the air; you also have to get through all the illusions that are here.

Still, there is a reality on this planet, and that reality is your Soul. That is what makes all things real and all things new. So you come into the New Jerusalem of your own consciousness, where all things are made new. You become the sacrifice of the Father. What does it profit you to gain the physical world and lose (remain unaware of)

your Soul? What good does it really do you when you reach out into the physical world for that man or that woman and discover they're out with someone else? What good does it do you to have a broken heart? When you reach into the treasures of heaven, all things are brought forward to you in a right and proper way through the Father.

Jesus said, "No one can come to me unless the Father who sent me draws him" (John 6:44). This makes all things right and proper; this makes everything new. Each moment and each breath are new. Lest you get caught in yesterday, your work is to keep yourself conscious in the present. When you find yourself drifting off in your thoughts, this is telling you, "Your work is cut out for you. You are not handling *right now*. How can you handle greater things when you can't handle the lesser things?"

So we're continually coming back to this moment. We're continually watching the emotions, and when our emotions overwhelm us, we say, "Satan, get thou behind me. Do not corrupt me, but get in your proper place and allow me to do the work of the Father." When we do the Father's work, we do everything at a higher level. When we do human work, we do things in a physical way, and those physical things will corrupt, decay, and pass away.

Jesus as the Christ, speaking to each one of us, said, "Come, follow me. I have a place prepared for you. Though you might not be there now, you will be able to be there sometime." The Cosmic Christ comes forward at this time in the consciousness of Light and says, "Come, follow me. We have a place prepared for you that is yours *now*. We will teach you to see beyond the physical and show you the higher realms."

People rarely do this by themselves. They must be shown the key and patiently assisted in lifting their consciousness. And remember, if you can be lifted by someone else, you can be thrown down. Lest anyone throw you down, *lift yourself*. When you do, you'll find that people will stand tall with you. They'll stand serene with you. Then if you start to fall, you'll find that they're there for you to lean on temporarily, but they won't do it for you. When you start to waver

within yourself, it's nice to be able to turn to another Light bearer and say, "What do you see that can help me?" The greatest thing that can be said to you is, "You are the Light. Move into your Father in heaven, and see through the eyes of the master what is happening."

We are all masters on one level of consciousness or another. To know that you are the master is one of the greatest gifts that can be bestowed upon you. Then the gates of hell cannot prevail against you. Nothing can harm you except that the Father in your heaven allows it—and then it will be for the glory of all humankind that you take upon yourself a burden to show other people that it can be handled, that it can be done. You can continually unfold in this eternal knowledge that you are the master.

People have waited for two thousand years for the King of Kings to appear in the sky and light up the world. But the King of Kings must first appear in your heart and light up your world. And that only happens when you have prepared the place inside you where it can appear and live as your guiding Light.

The Disciples of Christ

Much has been written and said about Jesus the Christ, and many people have tried to interpret the action of the Christ. We tend to sit here, in this contemporary time, and say, "If I'd lived in that time, I wouldn't have been the one who crucified Jesus. I would have known better. What a stupid thing to do, to kill Jesus."

Yet how would we recognize the Christ if he appeared tomorrow? How would we know him? What would he have to say, and what would he have to do? Would he come in robes, sandals, and long hair? Would he walk on water? Would he come and feed the multitudes with a few fish?

Some people say that they are waiting for the Christ to return. How is he supposed to return? What is the preconceived idea of what will take place? Will he return in glory? If so, what kind of glory? The glory he had before? Remember, people crucified him last time. Many people did not recognize Jesus as the Christ. They did not recognize the Spirit as it flowed through him.

Recognizing the Christ

If the Christ returned today, those who would recognize him would know him in the same way that the disciples of Jesus knew that he was the Christ. Those people who are aware of the Christ Light within themselves can recognize this Light in another. One time, Jesus asked his disciples, "Who do you say that I am?"

Simon Peter answered, "You are the Christ." Jesus said, "Flesh and blood has not revealed this to you, but my Father who is in heaven" (Matthew 16:15-17).

Jesus also said that "the kingdom of God is within you" (Luke 17:21), so the Father, the Spirit, must be within each person. That Spirit that bore testimony to the Christ Spirit in Jesus was a lesser amount of the same consciousness of the Christ Spirit within Peter himself. The Light of the Christ is recognized by your own Christ Light within. It can't be recognized any other way. Everyone carries the Christ Light, but some are more aware of that Light and are able to recognize and manifest that Light to a greater extent. Jesus was manifesting the highest awareness pattern on the planet, the awareness of this Light.

The Disciples

Jesus' disciples were just people, as we are just people. They were very much attached to their own consciousnesses, their own patterns of behavior, and their own emotions, needs, and desires. The consciousness of each one could manifest in a negative way or a

positive way. Power and energy can be used to destroy, or they can be used to create and build. For example, the power of criticism and faultfinding can also be used for praise and upliftment; critical judgment can be used to point out what is wrong or what is right in a situation.

Attributes of the Disciples

Jesus' disciples each manifested a particular consciousness. The twelve stages of consciousness that are represented by the disciples are within each one of us, and at some time each person has portrayed each stage, each level. By understanding the attributes of each disciple, we can apply that understanding to ourselves, as we move more into expressing the higher consciousness in our everyday lives.

During the time of Jesus, the consciousness of each disciple was moved from the negative aspect to the positive aspect as Jesus awakened the Light in each one. As the Light flowed through each disciple, the things that were negative were reversed in polarity and became positive. We can change in the same way they changed, by the same action of the Light of the Christ.

Jesus called forth these twelve men who were able to see the Christ action and the Spirit within him, and he placed these twelve around him as a large focal point of his expression throughout his ministry. They were chosen over quite a period of time. As they were chosen and came in, Jesus worked with each one personally, explaining the Light action and the manifestation of the Light. Each one was selected and trained, and then, as each new one came in, the others would also help with his training. They continually passed this information to each one as they built the brotherhood of mankind. The spiritual fellowship within that circle of Light was beautiful because they shared with each other, and each one lifted the consciousness of the others as they contributed their knowledge down the line.

Andrew

Andrew

First, there was Andrew, who is thought of as the second apostle, although he was the first called. Jesus spoke to him and said, in essence, “I want you to come and hold the Light. I want you to come and work with me, be a Light bearer, become a fisher of men.” (A “fisher of men,” at that time, meant a spiritual person.) When Jesus spoke, the Light within him activated the Light within Andrew so that Andrew’s spiritual eyes were opened.

You are the only one who can delay or block your progress. You are the only one who can cloud your awareness. By the same token, you are the only one who can recognize the Christ within. You are the one who can make the Christ a living reality in your life and who can demonstrate the unconditional loving and forgiveness that indicate the presence of the Christ.

Andrew was so filled with the Spirit that Jesus radiated through the Christ action that he went to his brother, Simon (who became Peter), and said, "I want you to meet a man who is probably the greatest man who will walk in this dispensation." And this Light, which had come through the Christ, went through our great friend Andrew to Peter and led Peter to the Christ to become the first apostle. The two brothers went to Jesus, and Jesus looked at Peter and said, "Come, follow me." Even though Andrew was the first called, he gave up this position to be second, and we equate the action of this consciousness of Andrew with humility.

If Christ came to us today and said, "Come, follow me," I wonder how many of us could say, "Just a minute; I want to get my brother or sister," and bring them forward and say, "You can be first, and I'll be second." We might tend to say, "I was called first. I'm first. I didn't decide it. *He* decided it." The Andrew consciousness is rather rare on the planet. Yet, to receive the Light, we have to have the Andrew consciousness. We have to be humble enough to recognize that there is a great force and to say, "When it calls, I hope I am able to recognize it and be brought forward into the action."

Humility is really a consciousness of acceptance. Jesus manifested this same consciousness when he washed the feet of his disciples. He humbled himself to the least position. There is a force who works with me, and he taught me a beautiful lesson one day when he said, "In God's kingdom, there is nothing great or nothing low, but you must express all levels of consciousness when called upon."

Peter

Peter

Sometimes it's hard to realize that the disciples were just men. Peter, for example, could be a real hellion. He liked to look around, and he held a lot of different jobs. You might say he was a roustabout; he was also a fisherman, a farmer, a bricklayer, a builder. He couldn't settle down and didn't have a very good foundation for his life. He had joined various organizations at that

time. He didn't know what he wanted out of life; he was looking for *something*, and so this gave the appearance of his being a restless drifter.

But when Andrew took Peter to meet Jesus as the Christ and when Peter awakened because of the Light in this man, it altered his consciousness. His consciousness was changed as the Light was placed with him. Jesus had the ability to become a clear channel for the Holy Spirit, for the Light. He could open up and just let it flood through him, through his very beingness. With his every breath, his entire countenance could radiate Light.

Jesus of himself did nothing. He said, in essence, “Of myself, I can do nothing. It is the Father that works through me—the Spirit” (John 5:19, 30). It is the Spirit that comes through and alters. When this Light was awakened in Peter, he went from shifting sand to solid rock. This firmness and solidity, the strength and power that is the Light, were brought into the consciousness of Peter. Peter came forward as the first apostle; Andrew, as the second.

James

Then there was James, the son of Zebedee and the brother of John. James was the showman, on stage about twenty-four hours a day in an “eightday” week. He was always attempting to take the spotlight away from other people and placing it on himself. Today, if somebody were talking about their surgery, James would be the one who would say, “If you think your surgery was something, you should have seen *mine*.” If someone were talking about their car having four hundred horsepower, James would be the one who would say, “Mine has five hundred.” No matter what you had, his seemed to be better; no matter what you did, he could do better. He was extremely self-centered, and the sun rose and set on his own thoughts about himself. Everything had to be “me first.” He would sacrifice the greatest or the least for himself and, consequently, his own conscious awareness.

When you direct yourself towards the expression of the Christ, you have the Christ Consciousness on your side. If you go against it, you have a lot of nothing on your side.

We could probably say that James was the perfectly selfish person. Yet when Jesus came to him and called him and when the

Light of the Christ and the Holy Spirit came through him, James gave up all those things that were no longer needed. He couldn't seem to give them up before, but now they were excess baggage. James went from perfect selfishness to perfect sacrifice. Then he spread the Light everywhere, instead of just pulling it to himself. Rather than make himself the center of attention, he was able to sit back and allow other people the Light to express themselves. He didn't throw anything away; he just directed into a higher level of consciousness where he was able to express himself much more than he ever could have by restricting his expression to the physical body.

I think each person has to ask himself or herself, "Can I move from self-centeredness to self-sacrifice? Can I really stop controlling people physically, emotionally, and mentally and allow them the freedom to express themselves? Do I constantly have to make the universe revolve around my ego? Or can I step out and revolve around the universe? Can I revolve around somebody else's consciousness? Can I allow others the right to think and do whatever they want, and can I accept it and cooperate with it?" Many times, it's hard to come into this consciousness, but it is possible.

John

John

The fourth disciple was John. John manifested the consciousness of love—at first, the negative aspect of possessive love and, later, the positive aspect of pure spiritual love. John was so much in love with the Light, and it was so much a part of his life, that he wanted

everybody to have it whether they wanted it or not. That's a type of love, but it's a controlling love: "You are going to get the Light whether you like it or not, and if you don't, you're no good and not worth being saved."

Jesus and the disciples were traveling around the country—this band of anarchists and rebels, as they were called by many people—and they approached a city where Jesus was to preach. The townspeople said, "No, you get out of here. We don't want you in our city. When you come and talk, we have trouble with the government; the pressures come on us. You bring us trouble. Go away."

The whole town rejected the Christ, and John was very upset by this. He said, "Let's call down the fires of heaven on these people and destroy them. They don't deserve to hear you speak. Let's destroy them right now, Jesus, you and I."

Jesus said, "No, we can't do that because perfect love says that whether they love us or not, we still must love them for the highest good of all mankind." Jesus' ability to contain the wrath of these people towards him—his saying, "It doesn't matter," and, in essence, turning the other cheek as he walked away—brought John from the temper that he had manifested to the quality of tenderness. John's love was changed through this action of the Christ Light and became strength in love, humility in love, and self-sacrifice in love. John exemplified and encompassed the consciousness of *all* disciples through his consciousness of divine love.

John was a constant companion of Jesus and was closer to him in the understanding of perfect love than any of the other disciples. He was called John the Beloved. All the trials and tribulations that Jesus manifested in his consciousness were manifested, also, in the consciousness of John. The one who suffered the most at the time of the crucifixion was probably John, the constant companion who was one of the inner circle—Peter, James, and John, the three who worked as the focal point of the Light as it came through Jesus and who "held" the Light for him. Jesus shared his thoughts openly with this man, John, and they became so close in this greater Light. John

was the first, after Jesus, who became a Mystical Traveler. He had the ability to flow with the Light as it came through Jesus, and because of this, they were, indeed, spiritual brothers.

The great lesson that John brought forward was demonstrated after the crucifixion. When he had lost the physical manifestation of the master force with which he worked (Jesus), he was able to recover those broken bonds of affection and weave them into new patterns of healing and understanding. He must have been a great person to have been so close to the greatness of the Christ, as it manifested through Jesus, and then to have given it up, stepped forward, and again manifested it through these new dimensions of his consciousness. He was able to say, "Even though you are not here to show that it was a perfect love, we'll go on in this love and towards the perfection of love."

John was able to lift into a higher consciousness. Sitting on a rock and moping would have shown a selfish love. It would have shown that he loved the man, Jesus, but not the consciousness of the Christ. So John's ability to move ahead and move on showed that the Light really was there and working. John demonstrated for all of us that when we lose somebody whom we have loved, upon whom we have based our life and who has been our foundation and our strength, this force of Light can come through and weave our love back into new and greater patterns of healing and understanding, not only for ourselves but also for other people. Just to be able to stand and say, "I understand what you are going through," is sometimes enough to lift others and give them the strength to go on.

Philip

Philip

Philip was a horse trader. He was very analytical, a little slow in his thinking, and slow to follow, and with his analytical mind, he looked before he leaped. Philip wondered what was going on with this man, Jesus. Philip was interested in ideas, but he was pragmatic: “If it’s any good, it has to work. If it doesn’t work, it can’t be too good. And if it works, let’s see it work.”

Philip had some pretty set ideas about how things should be run. He had been a little critical of the way Jesus walked from city to city and wanted to put the company on horseback and make it a magnificent thing. It was almost as if he were waiting for Jesus to ask him about the horses, and then he would say, “Well, I’ll give you the horses if I can be one of the group”—because he was one who bargained.

Nathanael

Yet when Philip came to the Son of man and Jesus reached out and touched him with the Light, Philip went from inquiry to insight. Immediately, he was aware of what was going on. This insight came forward in him, and he perceived the Light and the Christ action. This is another way we can see what the Christ is, what the Light is: we can see the way it has influenced many people.

Nathanael

Nathanael, whom we also call Bartholomew, was the sixth one called. Nathanael was a prejudiced one; when he heard that Jesus was from Nazareth, he said, “Can anything good come out of Nazareth?” (John 1:46) He had prejudged Jesus even before he met him. In advance, he “knew” in his mind that Nazareth was the lowest area around and that nothing that was any good could come from there. Yet when Jesus saw Nathanael coming towards him, he said, “Behold, an Israelite indeed, in whom is no guile!” (John 1:47)

Jesus was so honest and straightforward, and Nathanael was able to perceive the truth, the honesty, and the purity of the Christ because the Light opened his eyes. At first, it might have been difficult for him to see it in anybody else from that town, but the Light opened his eyes so that he could see it with this one man, Jesus. When the Light came upon him, Nathanael went from prejudice to purity. He no longer prejudged, and his attitude became one of observation and acceptance.

Thomas

Thomas

Thomas was a doubter. He joined the brotherhood and became a part of the ministry of Jesus, traveling with them. Jesus taught him about the Light in special sessions, and Thomas still doubted it. All the time he was sitting with them, this consciousness would not release him, and he doubted the Light. He had to be shown. Jesus also knew this and showed him.

Thomas had walked in the brotherhood for almost three years, had watched Jesus heal people, and had watched him perform miracles. Yet, after the crucifixion, when Jesus appeared to the disciples, Thomas said, “I still doubt it.” After seeing, he still doubted, but Jesus understood this consciousness of Thomas and allowed him to inspect his wounds.

It was at that moment, when Thomas was given proof that the Christ had resurrected and was there with them, that the Light was finally placed upon him, and Thomas went from doubt to dedication. He went forward and preached some of the most beautiful gospel messages from the Spirit. He was really quite a man, very forceful and strong. And remember that the Holy Spirit, the power, flowed through each one of these men—in varying degrees of consciousness, but through each one of them.

Matthew

Matthew

Matthew was, in his time, a despised publican, a tax collector. Tax collectors were probably the most despised people in all Judea. They "feathered their own nests"; they would collect for the Roman government, but they'd collect a little extra for themselves. They financially subjugated mankind—and, still, Jesus chose one of them as a disciple. He chose one looked upon by many as being one of the

very lowest in the land, to be elevated in consciousness. But look at the wit of the Light, to be able with the power of the spoken word to turn someone from an oppressor of mankind to one who works to free mankind.

Matthew was an excellent businessman. He knew all the angles and how to get the most for himself. He knew how to scheme, connive, and cheat, and he was very clever and wealthy. He had been using his fellow human beings to get ahead. He had been getting a fast buck anyway he could, at anyone's expense, and he gave it all up when the Holy Spirit came through him and altered his consciousness.

Thaddaeus

James

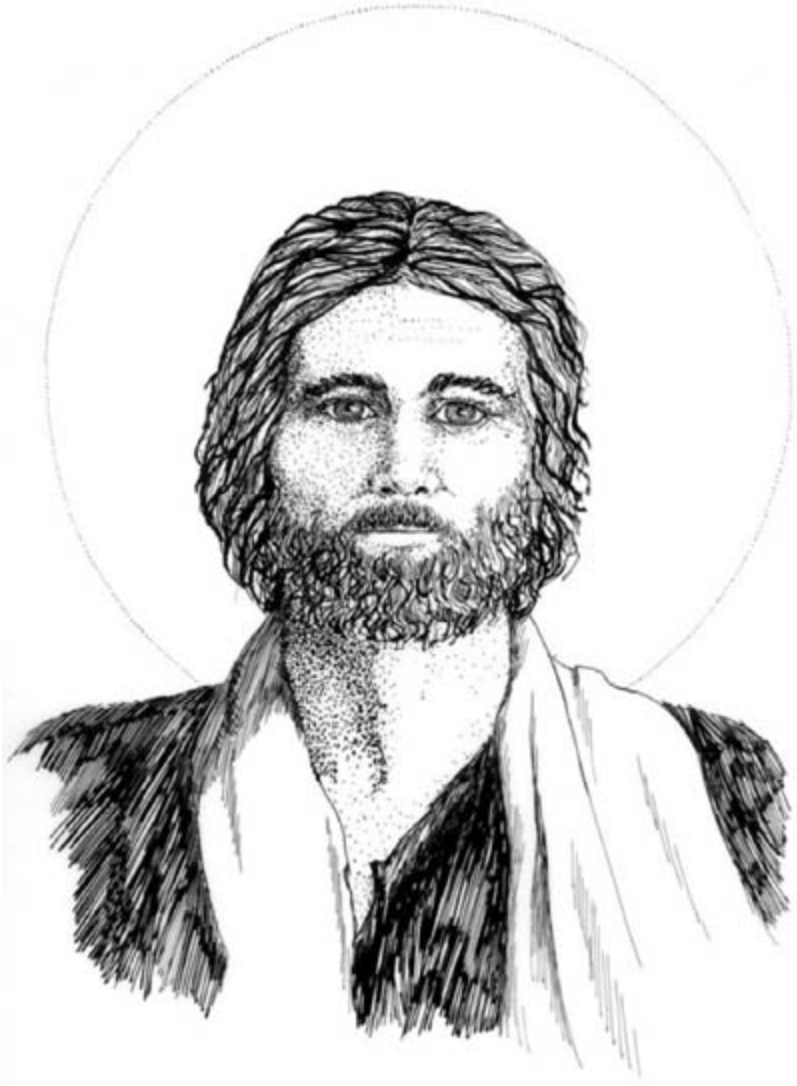
Matthew had watched Jesus and his disciples traveling back and forth for quite some time, and he had watched them change and grow. So when Jesus said to him, “Come and follow me,” Matthew jumped up from behind his tax-collecting table and followed, just like that.

When he gave up being a publican, Matthew called all his old friends together and gave them a feast. He said, “I want you to meet Jesus, the Christ, the master that I follow.” He didn’t even hesitate for a second, once he was called. We could say that Matthew went from the consciousness of the businessman to the consciousness of brotherhood. He gave up all his wealth to follow Jesus. He took his business mind into the brotherhood and kept track of all their money, and he kept very accurate records. It is said that Matthew recorded the Sermon on the Mount.

Thaddaeus and James, the son of Alphaeus

There is not too much said about Thaddaeus and James, the son of Alphaeus. They were the silent Light bearers, the ones who kept their silence. Whenever Peter, James, and John were out preaching

and healing the multitudes, these two, James and Thaddaeus, held the Light similarly to a charged battery, a reservoir of power. They supported Jesus and the disciples in everything they did, and in their quiet way, they did tremendous work that most people may never know about. Thaddaeus and James never asked for recognition in any way, yet there they were, very high and very capable. And they went from silence to sainthood.



Simon

Simon

The eleventh disciple is Simon. Simon was quite an athlete. He could nimbly climb buildings, run, and jump; he was very agile. Simon was also a rabblerouser, one of the Zealots, and he had killed more Roman soldiers than you can imagine. In our modern terminology, we might say he was a murderer.

I think Simon probably joined the company of Jesus because he thought that Jesus was someone who would overthrow the government and set up a "correct" form of government for Judea. Can you imagine the feelings he might have had when Jesus said, "My kingdom is not of this world" (John 18:36)? Can you imagine him sitting by Jesus and saying, "Where is your kingdom, Lord? If it's not here, where is it?" And can you imagine Jesus taking him on a spiritual trip into the inner realms of Light and saying, "Look, Simon, here are the realms of Light—the astral, the causal, the mental, the etheric, the Soul, and pure Spirit; this is our kingdom"?

There is only one method that will set you free and that is Soul Transcendence, to live here and discover the higher reality, to extend into that greater consciousness of Light, of love, of Sound— to be that.

When the Light was placed with Simon, he went from what we might call patriotism to evangelism, and he used the same fervor of his patriotism to become an evangelical speaker. He converted multitudes. No wonder he could preach a fantastic sermon; he knew where he was coming from, where he was going, and how to get there because he had been given certain keys and had seen what the kingdom is. He preached some of the most beautiful lessons of the Holy Spirit that you could ever want to hear. He could speak in tongues, interpret tongues, heal with the spoken word, cast out devils, and free the body and the mind of the negativity that people had gathered around themselves. He was really a fantastic man.

Many of the disciples had belonged to rebel groups, which were in their heyday at that time. Many people were trying to overthrow the

Roman government, trying to reestablish their own kingdoms. Today we would probably call them anarchists, rioters, and a lot of other things. That was what they were called at that time, too.

Judas

To understand why Jesus appeared to be a threat to the leaders of these factions, all we have to do is move into Herod's frame of reference and look at this action from his point of view or move our consciousness to that of a Pharisee or a Sadducee. Their position is easy to understand. Most of us have identified ourselves with Jesus the Christ and have seen how he was maligned and abused, but in the few short years of his ministry, he had more followers come into his way of thinking than all the rest of the leaders put together.

That's why he was a threat. He was changing the consciousness of the people, and the leaders felt this.

Judas

Then we come to Judas. The name Judas means "praise to God," and there were a lot of youngsters born during that time who were named Judas. In the Bible, this disciple is called Judas Iscariot to identify him because there were so many named Judas.

Judas may have been the greatest disciple because he sacrificed more than all the others together. We might not remember the names of all the other disciples, but we all know Judas. He came forward to betray the Son of man, to assist in setting forth a kingdom of eternal progression. This action had to take place to bring forward the greater Light in this current dispensation. Judas fulfilled destiny then so that we can fulfill our destiny now based upon his action.

During the Last Supper, Jesus said to Judas, "What you are going to do, do quickly" (John 13:27). Jesus might have added that if Judas didn't, he (Jesus) might not resurrect as the living Christ. Jesus had to have somebody he could depend on. I don't know if I would have done that. Somebody once asked me where I thought Judas is now. I said that I think Judas, one second after he died, was in the highest heaven in God's arms because God forgave him instantly.

If people receive a choice on the inner planes (and certainly the elect Souls of this time do) to come in and manifest consciousness through the body and work out plans, then Judas chose to come forward and have his name damned through eternity as the betrayer of the action of Jesus Christ. None of the others volunteered to come forward and allow themselves to be damned down through history.

In the physical embodiment, Judas had a choice and could have fulfilled the pattern with a different action of the mind. However, Judas had a resentful streak in him. For example, when Christ was

having his feet anointed with oil, Judas rebuked the one who was doing this. Then, when Christ rebuked Judas, Judas felt resentful. But Christ also rebuked Peter, but Peter stayed in line and manifested the Spirit. Judas stepped out of line and manifested resentment. He had a choice, and he exercised it.

Judas often felt separated from the rest of the disciples, from the brotherhood. He felt he should be as close to Jesus as Peter, James, and John were, but he was one of the "outer" circle. All the other disciples could sit closer to Jesus than Judas could. He was on the outskirts. The others pushed him back, or, rather, he felt that they did. They were all from one city, one area, and Judas was from another area. He felt very much the outcast, and he harbored resentment within his consciousness. Because of this, he went from resentment to ruin to revelation.

Judas knew that Jesus was the Son of God, but he was afraid that Jesus was not going to accept the throne of Judea and establish the kingdom. Judas believed wholeheartedly that the kingdom was to be here on the earth, and he was dedicated to bringing it forward. He didn't know what was really going on, yet he still fulfilled the destiny.

Judas wanted everybody to recognize Jesus as the Son of God, the Messiah, and he thought he could force Jesus to manifest his divinity and his glory and establish his kingdom on Earth. So he went to the enemies of Jesus to tell them about him. As far as they were concerned, this was betrayal: "Here's the money. Point him out to us." But Judas was thinking, "When I point him out to you, he's going to show you a thing or two. He's really going to manifest that he is the king."

However, Judas was overshadowed by Satan. Through Satan, greed appeared in Judas. Whenever we manifest greed, an imbalance appears in our lives. We lose track of what we are really to do because our desire patterns go out of bounds. If Judas could have held out longer, I speculate that he could have manifested the consciousness of Thomas and gone to dedication instead of hanging himself. He could have vindicated his name and his action by going

into the spiritual aspect and bringing forth the greater Light for all to see.

Jesus the Christ walked as a God-force. Judas betrayed him, and Jesus was crucified, but this could not have happened unless the Holy Spirit had allowed it to take place. When he was brought before Pilate, Jesus said, in essence, "You have no power over me except what is given to you by my Father. You couldn't do this to me unless my Father allowed it. You are nothing, and you can't harm me. My Father could bring angels and surround me." Many people knew this was true because Jesus had demonstrated his mastership in so many ways. Because the crucifixion was allowed by the Father, it did take place.

Judas was the instrument to bring forth the action that would manifest the Christ through the then-known range of all consciousnesses, through all realms of Light. But Judas fulfilled another destiny that everyone must realize: when you strike against the Light, you strike out. By his action, Judas said, "Don't do this. It destroys you. It must come back at you."

The more a person is attuned to the Light, the faster an action will come back to be balanced because there can be no bondage held against anyone by the Light. The Light will remove bondage immediately. If you're having disturbances with somebody and you try to forget them, the next day they may be "up in your face" for you to handle them so you can be free. This is what the Light does. It clears situations and brings them into balance rapidly. This is why we say that if something disturbs you, clear it now. Place it in the Light and clear it; balance the action so you're free.

One of the greatest and most glorious things that will happen to you is that one morning you will wake up and say, "Jesus was not the only son of God. There's another one that just woke up this morning."

The Christ Action

The action of the Christ was reflected through the action of the disciples. The ability of Jesus to work with the Light—to bring it through to his disciples so it could alter their consciousnesses—demonstrated that he was indeed the Christ, that he was able to manifest the consciousness of the Christ. We know that the common denominator for the company of Jesus was the Holy Spirit, that power which reached in and wove them together to set up one of the greatest forces of humankind: twelve people, dedicated, who altered history.

The Christ, manifesting through Jesus, brought the Light through to each one of the disciples and brought about those changes in their consciousnesses that lifted them into the consciousness of one, the one that we all know, who is the Christ. We know this, and flesh and blood doesn't reveal it to us. The Father who is in heaven, the inner Spirit, testifies to this in each of us.

The miracles of Jesus were not really miracles in the sense that they were unrepeatable. He said, "He who believes in me will also do the works that I do; and greater works than these will he do, because I go to the Father" (John 14:12). Jesus promised this to us. He made us heirs to his kingdom of Light—not the worlds of illusion, but the pure realms of the Spirit. Each one of us will inherit the throne if we follow the Light and the way of the Light, which is the Holy Spirit.

I think that each of us has manifested to some degree or another or does manifest the consciousnesses of these disciples. At one time we may be shifting, and then we become solid. Sometimes we doubt, and sometimes we are firm in our faith and knowledge. Sometimes we are silent, and sometimes we can teach a beautiful lesson of Light to others.

If we have a chance to manifest the consciousness of any of the disciples, then we might want to choose to express the positive aspects—the dedication, the brotherhood, the sacrifice, the divine

love, the purity, the power of the Light, and the humility that allows us to accept the Light and work within the action of the Christ.

Going Home

Christmas means many different things to people and brings forward many levels of expression. We have often heard one level in songs and stories, the idea that "I want to be home for Christmas." It's a phrase that seems to mean a great deal to many of us. So as I was contemplating this idea a while ago, I wondered what "home" means to all the beautiful Souls who gather together to celebrate the Christ Mass. I wondered what message the idea of "home" might bring to them, what message might awaken them another step so they could evolve even higher.

I wondered, "Where is our home, to which we all want to go? Where does it exist?" I considered the physical structure that is my house, and I thought, "Yes, that is a form of home." I considered the place where my parents used to live, and I thought, "Yes, that's also a form of home." Then I thought of where my father lived after my mother dropped the physical body, and that was a form of home, too. Yet none of these things is really Home.

The year my mother passed away, she was visiting with me and said, "I want to be home for Christmas this year."

I said, "You will be. There's no question about that."

She asked, "Do you really think so?"

"Yes," I said. "There is no question that you will be *home* for Christmas." Then that spring when she left the body, she found that she was Home, and I was so joyful to realize that she was experiencing that fulfillment of truly being Home.

If you would live in the Soul and Spirit, you must be loyal to the Soul and the nature of the Soul, which is truthful, honest, and unconditionally loving. How do you do that? By dedicating yourself to the spiritual force within you, which is called the Christ, and making it the number one priority in your life.

The Christ Mass of Home is in each person's heart. Where there is love, there we have found Home. If we are residing in the Christ, then we are Home. It's reality to reside within the Christ; it's unreality, if not impossibility, to do otherwise. When Jesus came forward and said that he had no place to lay his head (Luke 9:58), he was really implying that the Christ resides everywhere and that that consciousness never really lays down its head. This is the part of us that is eternally awake and that lives eternally.

Some people are waiting fervently for the Christ to return. They're hoping and praying for him to return, not realizing that he may never have left. It's interesting: some people are praying he'll come, yet others are scared he will. Many people feel they're probably going to hell, so they feel that the return of the Christ might be a great calamity to them. Some would like to go to heaven, but in their soul-searching they say, "Well, I don't think I'm quite prepared. So if you don't mind, Lord, don't come just yet. But do keep coming this way."

People who say this have not really studied the Scripture; if they had, they would know that Christ said that he is always with us, even unto the end (Matthew 28:20). Then has he ever left, or does the Christ reside all the time with us? The only thing we have to do is awaken to our own Christhood, to that level of consciousness within. When we're there, we are Home. Everything else is then secure, and there is nowhere else to go. It is from that position of Christ Consciousness that we salute the Christ in every being walking the planet.

I once saw something very interesting while looking at the spiritual records. There was a young child sitting on a chair with a cloth or blanket draped over his lap to keep his body warm. The child appeared healthy and happy; his eyes were sparkling and

glowing. The mother of the child came along and picked him up, and, as the blanket fell away, I could see that there were no legs on the body. There was just a torso with no legs. But that little child put his hands up on his mother's face, and with the love he had and the love she had, they were Home.

This is also one of the many ways that the Christ manifests itself eternally to each one of us. When we look into each other's eyes, bypassing the personality and the idiosyncrasies, we are looking into the windows of the Soul. When we move into our own Christ center, we can gaze into the Christ within the other person, and we find that we can look at another without feeling anything but this spiritual love. Then we partake again of the Christ within and without.

There is nothing quite so valuable as people because of the divine spark that is within each one. If you try to place anything above people, you have entered into an illusion. When a child cries and that causes you disturbance, you should certainly check your own levels because beyond that child's emotional expression resides the Christ. When someone appears to have a physical disability or handicap and you are disturbed by it, look beyond that expression to the Christ that resides within. If someone is emotionally upset, look beyond that upset to the Christ within. It's there.

It's important to remember that we have all cried out to the Father. Many say, "I'm ready, Father. Take me Home … but do it my way." I believe they are really saying, "Lord, show me the way, and I'll make it my way. If it can't adapt to me, I'll adapt to it." When we say that, we are residing within the strength, the wisdom, and the love of the Christ Consciousness.

The Aquarian Gospel recounts Jesus' birth and says that "three persons clad in snow-white robes came in and stood before the child and said, All strength, all wisdom and all love be yours, Immanuel" (Levi, *The Aquarian Gospel*, 3:6-7). When they said this, they were identifying the attributes of the Christ Consciousness. You see, in the Christ, we have all strength, but strength without wisdom is abuse, and wisdom without love to help us express it becomes arrogance.

When we have entered into strength, wisdom, and love and have balanced these, we will not use them to hurt people or to say, "I have found the way and you haven't." Instead, once again, we rediscover the idea of, "Father, You are in me, and I am in You. We need each other. But even more important, we are each other." If we are one with the Father, then we are also one with each one of our brothers and sisters everywhere.

We're approaching a golden age. People say, "That's wonderful! No more wars. Everything's going to be fine." My point of view is that it may not be *that* golden. The wars might be a little more "enjoyable," though. There might not be quite as much mayhem, but there are still going to be some difficulties on this level because this level is designed for that. But we can look forward to the Light sweeping onto the planet more and more each year.

Many psychics have said that we will be seeing more evil on the planet than ever before, but I'd like to say that there will also be more Light on the planet than ever before. When the Light comes with its tremendous power, the negativity cannot stay; it must be stirred up and thrown out. So as the Light manifests, we may see much of humanity's inhumanity. But we should thank God for this action of the Light, which brings up and out the imbalance that cannot stay in the presence of the Holy Spirit.

You may sit and hold the Light for people in a room, just *being* the Light and manifesting it through your presence. Then when people go out, turmoil may arise as their lives get cleaned up—because this Light will go with them into their homes and families. You may say, "I don't know whether the Light is any good at all. Look at the things that appear to be going wrong. Things seem worse. Look at what it's doing. Look at all the trouble and turmoil." This is because the Light throws the negativity up and cleans it out. It brings everything into balance. It must; otherwise, it's masquerading.

The Light will not masquerade anywhere. If you're out of balance, you cannot stay in the presence of the Light. If you say, "This is it; I've reached it; nothing is higher than this," then you're not working in the Light, and you may be working with sham. Many, many times

the Light brings discontent so you'll get up and get going. If you become too content and placid, you may not grow or do anything, and each person's destiny on this planet is to grow and to learn.

Don't judge your inner or outer process. Let it be whatever it is. Use each experience to awaken yourself to the greatest degree possible. Use each experience as an opportunity to work with the Light and to exercise the Christ Consciousness within.

One reason you're here is to experience—not to be pigeon-holed or labeled a "this" or a "that." You move through many expressions, but you don't get boxed in by the lessons you're here to learn. You experience them and learn from them. You say, "Thank you, Lord, for that opportunity," and you move on.

As you move on, you can then face and accept yourself in any position in your consciousness, and many initiations can be brought your way. As these initiations are brought to you, you must be found worthy inside your spirit personality to accept them. It can be a sad day for you if you are presented with an initiation and then find you aren't capable of handling it.

So, as you are preparing yourself for future initiations, remember that you are the Light and that this Light can be passed to others through your consciousness. If you can allow people to express the Light their own way, to fulfill their own destiny, and to walk the path to the drummer they hear, then you have, in essence, done the same thing God does— allowed them the freedom of their own expression. Freedom of expression also means responsibility of beingness. When we express, we are responsible for that expression. So we might want to make sure our expressions are beautiful and "Lightful."

Once again, we come into a sense of oneness, greater than we've ever had before. We express more joy, more Light, and more love than ever before. We open our hearts to that one called the Christ.

You can make him your personal savior; you can make the Christ of your own heart your personal savior. It will all work—if you work it. There are no barriers, no restrictions on universal spiritual love. There is only oneness and beingness. There is only God.

In the inner realms of Light, it is always day because it is always Light. And in this beautiful day, all things are made eternally new. We may say, "Father, I come to do Thy will. Thy law is written in my heart. And when I stray from the path of Thy guidance, then I will return eternally and fulfill again the Christ Consciousness that is my heritage."

Living the Christ Consciousness

We are not alone on this planet; we never have been. Eternally, there have been Light bearers who bring forward all things new. Now all things are made new as we make them new. As this Light of the Holy Spirit is brought forward to us, we say this:

Oh, God, we receive of Your Light and Your Love. Lest we do not fulfill our eternal vow, we ask again to be strengthened in letting this Light of Father-Mother God flow through all levels where we are right now and enter deep within each level of our consciousness.

We come again, Father, and we do sacrifice all things physical. We will take care of all things physical, but we will not let them abuse us.

We are the life and the truth and the way. We are eternal. Our progression is neverending. We can only grow.

It is a great message, a beautiful message, which says that we can only go forward, we can only go up. We can show other people and let them walk with us, but we won't lean on them. Nor will we allow them to lean on us for very long—only long enough to let them steady themselves and to show them their own Light so they'll find their own way.

People strive to reach into the Christ Consciousness, into heaven. We can have heaven here on Earth by just going in and saying, “Father, here I am. I receive. I don’t question because I might not know what’s going on. But by my faith You can give to me, and by my works You will know my understanding. My belief is that I also am the Christ, that I also am love, faith, hope, and charity.”

When you, in your individual way, tune in to that which is divine love, where you know goodness dwells, the place where you truly live and express calmly, peacefully, and with love, then your behavior becomes a true representation of the Christ within you. When this process starts, you are opening the portals of your Soul. Awakening to the Soul is not an intellectual process; it is a state of being and doing.

As each new day comes to us, we say, “Father, it’s a good day because it’s Yours, and it’s going to be a fulfilling day because it’s mine. We’ll walk together and make all things new.”

You are a bearer of the Light. The Light of the Christ, the inner Light, is eternal. It won’t go out; it will only go up. Your job is cut out for you: it is to put the Light around the world, to live each moment in the Light, and to be the Light.

You are the Light. I know your Light. I know your beauty. I know the Soul. I endeavor to show you that wisdom so that you, too, can know it—not to throw you out of balance with yourself, but to bring you into balance.

You hunger and thirst only when you have not reached into the depths of your own Light, which springs forth eternally. It’s difficult to dip into the spring of someone else’s consciousness of Light in the physical world and find fulfillment. Your fulfillment comes from within you.

Many people can hold your hand while you strive and while you seek help. Some may try to do it for you, and in their unknowing

love, they may “damn” you each step of the way by taking away your experiences and your opportunities to learn. If you can realize that you are the Light of the world and that through you all things exist and come to pass, then other people can catch this vision. When they do, they may be able to know this about themselves, too, and to share that vision with others they meet, in an endless pattern of fulfillment.

Awaken to the Christ. Live in the Christ. Live in your spiritual heart.

We are all expressions of Spirit. The Soul is Spirit individualized, manifesting through the physical body on this plane. There is nothing so sacred, so enduring, and so lasting as the God in each person’s heart. So fill your heart with the beingness of love, and let it flow like you have never let it flow before. Don’t be afraid to be who you are; don’t be afraid of being criticized or condemned. You get criticized more when you hold back from expressing your divine attributes.

Every day, you will express more eternal love. Release past disturbances; let them go. Be thankful, be joyful for *now,* for in this now, you will know, once again, that you are the promised one. You will know that the Messiah is, indeed, on the planet, that he is bringing forward a greater dispensation, that he is moving the planet forward into a golden age, and that the visions of young men and women will be fulfilled in the years to come.

Realize that you are biblical scripture now being written and that centuries from now, the lives that are being enthroned in the spiritual records at this time will be the “Bible” of people who will say, “If I had lived in that time, if I could have partaken of that Christ Consciousness, then I, too, could have been saintly. I, too, could have expressed eternal love.”

Now the prayer of our hearts reaches up once again as we say, “Father, here we are. We don’t even know fully who You are, but we

love You dearly. We're happy here, but we want to go Home. We want to live eternally within Your divine consciousness."

We can do this every moment because as we move our spiritual inner awareness higher, we find ourselves entering into the gates of our own beingness, where there is great joy. When you think of joy, think of the letters: J-O-Y. For the first letter, think of Jesus. Put Jesus first in this joy. Give out the Christ love within you to the Christ love within Jesus, and make it one.

Then take the O in joy and let that stand for others. Think of Jesus first and others second—your family, your employer, your employees, people you see on the street. Let this Light radiate to them all. Your love for Jesus is love returned to you to be given to others.

And now the Y—yourself. To have JOY, put Jesus first, others second, and yourself third. And for yourself, bring in all things. Take to yourself the joy of beingness. There's nothing quite so beautiful as Souls in harmony. There's nothing quite so beautiful as one mind, one emotion, one feeling, one Spirit—and that is the one of your true self, the Christ within you, the joyful beingness of the nameless One.

For More Information

For an explanation of personal-use and public-use MSIA materials, please see page 385.

The Anointed One (Personal-use CD set, ISBN: 978-1-893020-39-9). Three CDs, including a Christ Innerphasing, J-R's seminar "The Inner Christ," and "God, Traveler, Christ, You," which has terrific excerpts about the relationship of Spirit, God, the Christ, the Traveler, and the Holy Spirit.

"The Meditation of the Christ" (Personal-use audio seminar #1329). A Christmas Eve seminar about the Christ, followed by a sweet meditation into the Christ. "Christ Is Forgiveness" (Personal-use

audio seminar #7287; personal-use video seminar #V-7287). An Easter seminar about Jesus and about how to really forgive.

You get up and you look in the mirror and you go, "Hello, Jesus. What's new? Anything you'd like me to know today?"

He goes, "Brush your teeth first."

"Jesus, do you have to be so practical? I mean, couldn't you tell me about some cosmic event?"

He goes, "Yes, you're here. Also, use deodorant."

"Lord, is there anything else?"

"Yeah, treat your kids nicer and treat your spouse nicer."

CHAPTER 11

My Work and MSIA

What I do really well is, I just love people. That is the only commodity I have that may be unique. A lot of other people may talk about loving you, but I do that. People ask me, "How do you do that?" and I say, "Well, you're all inside of me, so I don't have to go anywhere." I am always with you, and as long as you love me, you are always with me. It is a relationship based on love, and as long as there is love, we will never be separated.

Introduction

The Movement of Spiritual Inner Awareness (MSIA) is not necessary to the Traveler's work of Soul Transcendence. It is a church structure for legal purposes. For spiritual purposes, it is not necessary, nor has any other church or organization ever been necessary.

MSIA teaches you to tune in to what is already inside you, what is already there. MSIA works to show you how to do for yourself what you already know how to do but have forgotten. It isn't so much bringing a lot of great talents and abilities to you; it's more just getting rid of all the things that block you from them. It's just a matter of being where you are and of being who you are—honestly, openly, purely.

Since the Traveler is currently using MSIA as a vehicle to support its work on the physical level, I will give some information about it and about how I came to found it, but I want you to know the context in which I am giving it.

I never wanted followers. I never wanted a group. I never wanted an organization. I just wanted to share the Light with whoever came to me for that. If they stayed one minute, that was fine with me. If they stayed thirty years, that was also fine with me. I know that not one Soul will be lost, so I have no worries or concerns about anyone. It is a very free way to live, and I like to live freely.

MSIA is not here to do anything for anybody— and neither am I. Through the Movement of Spiritual Inner Awareness, I have spread the truth that has come forward from Spirit, passed on the mystical teachings, and also presented ways of more easily dealing with everyday, practical life. The Movement and I are not here to give you or anyone the experience of working with Spirit. That is all up to you. We do not do that for you—you do. If I *gave* you experiences and *did* these things for you, then you would be dependent on me for your growth, and I am not teaching anyone to be dependent on me but, rather, quite the opposite. I am here to show people how to become "innerdependent" —dependent upon the inner voice of God, which is within each and every one of us.

The person who is truly working within the Movement of Spiritual Inner Awareness goes within to get the answers from the Mystical Traveler, the Inner Master.

At some point, it will happen that you stop looking for a teaching to do it for you, and you will accept responsibility for doing it yourself, whether it is giving up habit patterns that no longer work for you, improving your meditation, learning to control your emotions, or whatever. As long as you look outside of yourself for solutions, the teachings will fail, for these teachings are not "out there" written on some piece of paper or taped on some cassette from a seminar I have given. These teachings are written in your heart, and once you come to read what is written there, you will know the path you are to travel.

MSIA is only here to point the direction in which you should go, and that is *within*, to God. If MSIA is not doing it for you and you think another teaching might, it would be a good idea for you to go and check it out. And I wish you well and hope that you are able to find those things you are seeking.

The Work I Was Asked to Do

When I was charged by Spirit many years ago, the idea was, "We want you to deliver the message of the Spirit—how people can move and live in the Spirit. You're going to have some difficulties. First, the subject is invisible. People won't be able to see what you're talking about. They won't understand it, and they may not even hear it. They might sense it, but everything you *say* about it won't be what it *is*. So no matter what you say, you're going to lie. But we want you to take this job anyway."

From 1957 until 1963, I said no to doing this when it was presented to me. Finally, in December 1963, I went into the hospital to have a kidney stone removed. While I was put out for the operation, I was presented to the Lord. (When you are in that presence, the slightest wish of the Lord Jesus Christ becomes your perfect commandment.) He said to me, "The way you're doing it now, it won't work. We're going to give you a high consciousness that will come in and live with you, and one day you will be that, or you will be dead." It was "an offer I couldn't refuse," so I accepted, and the consciousness that called itself John the Beloved came in to help with the work.

It took me a long time—at least two years—to get used to this, and I remember asking, "How will I prove this to people?"

The John voice inside said, "You don't know how. You will not be able to do it. But when you speak, the Holy Spirit will speak through us. You don't have to teach people anything. The Holy Spirit will convict them in their spirit of the truth, and when their

spirit opens, I will fill them with my beingness. And I want you to see people."

I said, "Okay," and that is why I have been doing this work.

How I Got Started in This Work

I guess that I first got started out of curiosity. I figured there had to be more to life than what appeared to be so from this physical level because if this were all there was, there did not seem to be much reason to be here. So that curiosity brought in a pretty intense type of inquiry that I applied to every aspect of my life. My questions became: who, how, what, where, why, when, how come, who did it, how much, and how often? And I studied, observed, watched, questioned, and experienced.

First I studied—at college, universities, seminaries, and so on. I became very adept with the intellectual information I read in books, but I soon discovered that if someone took away my books, there was nothing inside me that could sustain that "knowledge." Along with that discovery, I realized that different authors claimed different truths. When Einstein discovered the law of relativity, it wiped out many years of physics. I looked at that and realized that new materials were always refuting, transforming, and updating older materials. Nothing seemed to be permanent or certain. So a considerable amount of confusion set in, with an attitude of futility towards ever pinning down "knowledge." It seemed that if I followed what I read in books, I would always be following someone else's opinion, emotions, dogma, money, personality, or athletic prowess.

So I watched the ideals, expectations, and desires I had, and I found out that everyone had their own individual approach and that no one could ever successfully copy anyone else's approach. I saw that this just did not work. So I looked for what I could do. Within my consciousness I realized that if I could not go "first class," I would rather stay home, take it easy, and save my money. I decided

I would just watch my own process of unfoldment and development and see where my own truth would lead me. I realized that I really did not care to be a world teacher or anything else like that. I just wanted to find out what was going on and to bear witness to the truth wherever I found it.

To begin with, I studied the Bible, and I also studied people's interpretations of the Bible. One group said, "Don't dance." Another group said, "It's okay to dance, but don't smoke or drink." And yet another group was going down to the basement for a cigarette and a beer while they discussed church business. I knew that what each group was saying was, "We're right and you're wrong," and that did not seem too possible. So I went back to the Bible to study some more.

I found out that the Bible said that the Word was made flesh and realized that the Word was not the building or the dogma or the ritual, but it was the *people*. So I started looking at all the people that I thought were truly uplifting. But I looked just at the flesh and realized that the flesh is often weak and that it fails. Then I looked at the emotions, but I saw that they were too erratic to be the house of God. Then I looked at the mind and found confusion and contradiction. So that approach did not get me too far in my quest for God.

All along, there was growing within me a longing for Light and love and the manifestation of God in some form that I could identify and relate to. My prayer became, "Lord, You can have the whole thing. I just want to know who You are." That prayer was being answered all along, though I was not yet recognizing it. I knew that I wanted a God that was in all things, that was present with everyone so that we could truly be a family of God and in God. I wanted a fellowship and a brotherhood, a oneness among all mankind. I could sense the reality of that in my heart, though I had, as yet, no objective reality to support that.

Each moment, each breath, is a divine gift. Each breath is an opportunity to remember and worship God.

My friends soon decided that I "had religion," and I really hoped that that was so. I really hoped that what I felt within me to be so would not fall apart when it was tested. Sometimes my friends got tired of discussing my ideas, but I would sort of insist that they talk with me anyway. I was following my vision that said we could all arrive at a mutual understanding, a cooperation, an enthusiasm towards this life of God. I was positive that that existed for us, and yet so much in the world seemed to tell me that this could not be so.

Our discussions seemed to be filled with disagreement and opposing points of view, but we came to one area that seemed to be a common meeting ground of experience. We knew that life, for each one of us, was involved with the process of breath. We thought maybe that was a process of the autonomic nervous system or the motor reflexes, but beyond that, I knew that breath was intimately connected to life and to Spirit and that everything that breathes has life in it. And life is awareness, which is Spirit, which is God.

My friends said, "That's nonsense."

I said, "Then I'll keep breathing in and out, and you stop," to which they all said no. So I said, "We have one thing in common. We all breathe in and out. Breath and the awareness of breath is the common denominator."

One time, swimming in a lake, I developed a cramp that was so severe that I had great difficulty staying on top of the water, much less swimming towards shore. I went down and came up, went down and came up, four or five times. On about the fifth trip up for air, I realized that I really might drown, and the intensity of that realization and the desire for life and for that next breath moved my consciousness in a way it had never been moved before. I broke the cramp and found that I moved through the water so dynamically that it was almost as if the shore reached out and pulled me up. I recognized the tremendous force of life that was within me and the tremendous desire to continue with that life. It was a lesson in the

awareness of breath that certainly locked into my consciousness the sacredness of life.

There were several incidents in my life when I walked very close to physical death. There were illnesses, accidents, and all sorts of strange situations. The catastrophes always seemed to disperse before anything happened that was too damaging. But through it all, I kept breathing in and breathing out. I knew what I was doing and that my prime directive through those times was to keep breathing.

In the midst of the turmoil and the confusion that always seemed to be present around me, I said, "If I could just get away from this physical body for a little while and look at things clearly, maybe I could see what is going on. Maybe I could get free of the delusions and the ego and all the games I must be playing on myself. Maybe that's the approach: 'to see yourself as others see you.'" But I did not know how to do that, so I continued along in the confusions of the moment and gradually began to realize that other people saw me through their own set of illusions, delusions, and ego approaches. I then realized that to see myself as others saw me probably would not help me a great deal.

It was getting to be the time in life when I should have chosen a career. So I started looking around at what I would like to do, and I decided that I would like to be a professional person. After all, everybody who was anybody was a professional person. It was popular. I thought that I should have a degree, so I got a university degree in psychology. I thought that was pretty good, and so did my family and friends. Then I went out to look for a job.

I applied for one job, and they asked me if I had a degree. I said yes, and they said, "You're too qualified for this job." So I applied for another job, and they said, "You need a master's degree for this job." I was too good for one, not good enough for another, and so it went. I found out that that piece of paper I had worked so hard for was not worth all that much. Finally on one job interview, I was asked if I had a degree, and I said no. I was hired on the spot. It was not long before I found a job that I liked better, so I quit. People told me, "It's not good to jump jobs so quickly."

I said, “Come on, don’t lay out more ‘scripture’ on me and tell me how it ‘should’ be. I don’t want this job, so I’m leaving. I don’t want to come back to it or I wouldn’t go. I’m not afraid to quit. I’m going on to a better job, and from there, I’ll go to an even better job.” In this, I discovered a little bit more of my truth and realized that sometimes there can be awakening and realization through personal rejection and maybe even a little hostility. I also began to know that life must be lived according to the truth of the moment.

I began to notice, too, that my bumbling ways, my mistakes and doing things wrong, somehow always turned out right. That was interesting. It got to the point where I would tell a lie—a blatant, audacious, out-and-out lie—and it would turn out to be true. One week I said, “I’m going to get a new car.” I could not even afford the one I was driving, but in about a week, it just happened that I got a great deal and was soon driving a new car. I had even forgotten my lie until a friend said, “Hey, you *did* get a new car,” and I realized that another “lie” had come true. So I started looking at the knower inside that is aware of things long before the consciousness knows what is happening.

About this time in my life I had two major surgeries for growths on my face and eyes. In the midst of the surgery I realized that I was watching the surgery take place from an entirely different level. I knew that I was unconscious to the physical level, but I was very, very conscious on another level, and the part of me that watched and observed the action was a totally loving, benevolent, fantastic consciousness. *That* consciousness was the one that I really wanted to be in—totally and in every way. That was the *me* that I wanted to be consciously aware of and that I wanted to be present always. Within myself, I said that I would sacrifice everything to have that loving consciousness entirely present. I wanted it so badly that I was willing to give up everything if I could just be that and know that, continually, every day. To have that loving, joyous feeling, to have that complete attunement, to know that oneness that never ends—that would be worth everything.

I recovered from the surgery, the years went by, and nothing much seemed to happen. But the path had been set, and my life became one of doing those things that I knew were right to do. I did those things that I knew in my heart were right. And I did right, not for the reward, but just for the sake of doing right. I brought my body into a discipline of understanding. When challenges appeared, I did not know if I could meet them, but I did. I learned many things, took risks, moved into new areas of learning, took on all that I could, and did everything as perfectly and as lovingly as possible.

One night I went to bed and said, "Whoever you are up there, I think it's time. What do you think?" That night I was lifted out of my body and found myself looking down at my own body and everything else. And I realized that the only way to truly know this physical level is to lift up out of it and perceive it clearly from that higher level. It was magnificent.

When I went back into the body, into the physical consciousness, I said, "I have just one request: that I can do this often and get in and out of the body whenever I need to. And whatever I have to do, I'll do." The spiritual forces who were my guides and teachers granted that request, and I started practicing. Sometimes it was difficult; the body would go very rigid and stiff, and everything would go completely asleep. I would come back in the body and realize that I could not make any part of it move. Sometimes I would have to call on the higher forces to help me. I would concentrate on the Christ Jesus, who was my reference point, and ask for his power to move my hand—and it would move. I believed in that, and so it was demonstrated to me. In time and with greater practice, awareness, and ability, I became more adept at going in and out of the body, and as I gained experience in out-of-body travel, I reached into the Soul and learned how to hold and maintain the energy of that realm.

Coming into the Traveler Consciousness

Then in December 1963, I underwent a tremendous transition and was brought into the consciousness of the Mystical Traveler, a consciousness that is totally alive, totally dedicated, totally devoted to the supreme power that is God, that is life, that is love. In retrospect I knew that it was the Traveler Consciousness that had pulled me out of the water when I had the cramp, seen me through car accidents, and walked with me through lies and deceits, through agony and pain, knowing full well that I was going to come out perfect in Soul consciousness.

Through MSIA, the Traveler has been working with people, teaching Soul Transcendence, since 1963. The keys are already present; they were given to us by Jesus Christ. The Traveler is sticking around and making sure that people discover how to use the keys.

Now, looking back at the time that I first came into the Mystical Traveler Consciousness, I can realize that my best qualification was that I knew how to love—and, Lord, did I know how to do that! I might not have known how to use my mind too well or my emotions too well, but I did know how to love. I really found it difficult in those early years to try to explain from the intellect what was a heartfelt process. I would try to come up with words that would say what I knew to be so, and I would end up using sign language, but I would still miss the meaning. Then people would say, "How can we get it if you don't explain it?" So I would show them and let them experience the spiritual love, and they would say, "Well, I got *that*, but that's not what you *said."*

I would say, "Okay, you tell me what it is." Then I would listen very closely to their words, thinking that they could help me out with some new vocabulary. They would get through talking, and I would say, "That isn't it." But over the years, I have gotten better and better at it, although I still recognize that whenever I attempt to

tell you of the Spirit, I miss. There just doesn't seem to be a way to get the Spirit into our vocabulary.

When the Traveler talks to you, he talks to the Soul.

It took quite some time for me to learn to handle the greater energies that were present with my consciousness. When I was seeing spiritually, it was often hard for me to see physically, and I spent a couple of years just learning how to walk so the walls would not "reach out and grab me." They did not look solid to me, the way I was seeing, but they were solid to my physical body. Or I might be saying hello to someone, reach out to shake his hand, and hit his arm. I would laugh and apologize; there was not too much else I could do at that point. But my sincere message of God and the experience of God was in danger of getting disregarded because people tend to focus on the outer aspects of form.

Those difficulties in handling the energy of Spirit were smoothed out in time, and as the years went by, I learned to demonstrate very dynamically the power of the Spirit, the knowledge and the abilities that are present all the time. This started to revolutionize people's lives. I would write a letter to someone, and there would be so much power with that letter that the print would seem to jump off the paper. It was a demonstration of the power of the Spirit, the Traveler Consciousness, the Holy Spirit, that which *is*.

Working with People

People asked to know more about this Spirit that was present. So I started lecturing a little bit here and there. People began asking more and more for me to talk with them. I knew I did not want a crowd, a group, a following. I just wanted to do what I had to do and to get free of this level without creating havoc. A lot of spiritual teachers, if they are not careful, end up creating a lot more hell than

heaven, and I did not want to do that. I have been careful. I have done the work, but I have watched very carefully for the guidance of Spirit all along the way. It is rare that I even get out of bed unless I have a clear directive from the spiritual forces that work with me. I wait until I have the clearance before I even move.

One time, years ago, I was lying in bed and said, “Lord, I’m not moving from this bed until there’s a direct okay from You. No messengers. This has to be something that is definitely a process independent of me.”

The answer I heard was, “There are no processes independent of you. Don’t be a fool.” So I got out of bed.

The rest of the message was that I had all the keys, the blessing had been given, and the responsibility was to take care of the people who would come to me because every one is brought by the Father, and those who step into the consciousness of love and who follow the Light and the Sound of God will be returned to Spirit. All have been charged and all are known to God. The directive was laid out very clearly and is now being fulfilled in very beautiful ways.

After holding the Mystical Traveler Consciousness for several years, I completed what I had contracted to do here. The time that I had agreed to serve was up, and I was making preparations to go back to where I live in Spirit. Then the forces that I work with closely informed me that the ones who were being trained to become the Traveler had defaulted, and I thought, “Why me? Why now?”

Their response was, “That’s just the way it is.” Also at that time, other spiritual leaders were leaving the planet and leaving their groups without a focus of spiritual energy through which to function. So it was suggested by the spiritual forces that I might like to keep on and function as a battery of power for these other groups, even though I would still be working specifically through the Movement of Spiritual Inner Awareness. So in the end, I agreed to continue and to work with people here in the best way that I could.

My job is really quite simple. I love and I stir people into the awakening of the Spirit within, and I act as a wayshower as people move on their spiritual path towards Soul consciousness.

I thought that this whole action would be enhanced if I found others who could assist me in this work, so I started looking around for ways to train people to do what I could do. I asked for some assistance and was sent angels. I thought, “What can angels do? Angels are unreal here. Couldn’t I have a master or two?”

But the forces said, “Masters won’t work with you because they’re masters.”

I said, “Could I have some apprentices? Could I have somebody that can do this, because if I can get someone else to do this, I can just sit back and channel energy, which is what I do best. I can do a lot of things that I enjoy and then, every now and then, I can focus in on the action, just enough to keep the energy flowing.”

Their response was, “Don’t get cute.”

I said, “That’s just the way I am, and for better or for worse, you’ve got me. And by the way, you said that I have all spiritual authority, so you can’t tell me what to do.” I made it clear that I was not in a state of rebellion, but rather in a high state of cooperation to find out what was happening. But I found out, as I always find out, that the point of view and the requests expressed by the high spiritual forces are always right and proper, that there is nothing to do but to flow with what is, and that to be of service to Spirit is a blessing beyond all words.

My joy in working with people is in watching them move into their joy, their truth, and their loving center, because that is me, too. That place inside of them that wants it perfect and right and loving is that same place inside of me that has awakened to the perfection that is Spirit, that is Soul.

For so many years there was a part of me that resisted the spiritual flow and said, “I don’t want to do that,” and I beat up on that part. I said to it, “I don’t care what you want to do or don’t want to do,” and in its hurt, it would say, “I don’t want to talk to

them. I don't want to confront them. I don't want to do that. I don't want …" Eventually I found out that, more than anything else, I didn't want to beat up that place inside, so I said, "Okay, it's all right that you don't want to be with people, confront them, work with them, talk with them, but I'm not going to pay a whole lot of attention to you. I'm not going to beat you up, but I'm just going to go ahead and do what I have to do. If you'd like to come along, that's fine, but if you don't, just don't get in the way. I can put you on 'hold' and override you if I have to." And that's what I sometimes did.

The Traveler's job is to bring forth the awareness of truth inside you, to present the truth to you, and to supply you with the energy that will recognize the truth.

That part is still there, and I still hear it every now and then. Some days I give in to that, stay away from people, read my mail, and feel really good about that. Other days, when I have other work to do, I just go ahead and do whatever it is that Spirit directs me to do. I keep the center flowing and let everything live around the work that has to be done. I am living free, and I do not let those childish parts of me run my life or my love. I just am love, and that love runs me perfectly because that love is God.

For those of us who know that we are of God, the responsibility is to live in love and to be loving in all that we do. By our consciousness, we can lift the planet, just by being present and by the energy of Spirit that is manifest through us.

How MSIA Got Started

As I did more of the spiritual work, I talked to individuals and told them what I saw about their spiritual path and karma. As more and more people wanted to talk to me, I got busier and busier. Eventually, in 1968, I was invited to speak to some people in Santa

Barbara, California, and that was the beginning of seminars, where I would talk to groups and share what the Spirit brought forward for me to tell them.

I remember one person asking me what we did at seminars. I said, "Well, we're moving the spiritual inner awareness." The person said, "So this is a movement of spiritual inner awareness?" and I said, "Well, sure, that's what it is." In January 1971, The Church of the Movement of Spiritual Inner Awareness was incorporated. This work kept expanding and taking more of my time, and I started doing it full-time in December 1971. (See also Appendix 2, An Informal History of MSIA.)

All the time, I have told people to listen carefully to what I say. Do not believe it. Check it out for yourself. Maybe this path of Soul Transcendence is not for you; there may be many other paths that you have to undergo. People have many strange karmas to fulfill. The Spirit moves people in and out of this Movement of Spiritual Inner Awareness. That is why when new people come in, I say, "Hello," and when people leave, I say, "Good-bye." It is equally the same, and it makes no difference to me.

I thought at first that being the Traveler would be a sign of absolute perfection. And it actually was, but the perfection is not on this physical level; it is on the spiritual levels. Then I started seeing this consciousness unfold in other people. When I would talk to somebody, I would see that consciousness come up inside of them, something would connect, and I started honoring that Spirit in people.

I started seeing other things appear in people—the Christ, the messianic energy. I saw the Holy Spirit; I saw God. I saw things that, if I told you, you would probably say I was absolutely crazy. Well, all the teachings might have seemed "crazy" until they worked for you or you worked them. Then you probably said, "That's not crazy; that's practical."

The levels you are going to go into will sometimes seem crazy to you just because you are new at experiencing them. The levels you

are already on are very practical, and you are teaching them to people who are coming up as your "students." You have to be very, very "crazy" to see the face of God. It takes a lot of courage—physical, emotional, and mental courage.

So be who you are. Be Spirit's gift to yourself. Be your own Beloved. Nourish yourself in your awareness of Spirit. And know that you are, as I am, as everyone is, a perfect manifestation of the presence of God.

The MSIA Logo

A Reminiscence by Pauli McGarry Sanderson

The other day, a friend and I were talking, laughing (as we usually do when we talk), and in the midst of all the merriment, got to telling stories of "the old days." Somehow, I got to telling her my memories of how the MSIA logo came to be. She asked me to write it up, and as I sat down to the task and attempted to put my recollections on paper without much initial success, I came to the bewildering and sort of scary realization that perhaps I really am a candidate for early senility. I could claim that my focus is now so much in the realms of Spirit that the physical world is simply of no consequence. (Yeah, right! You wanna buy Brooklyn?) So, anyway,

here we go, with apologies to the record keepers of the realms and anyone else whose memory banks have different input or output.

The year was … what was it? Maybe 1969 or perhaps 1970, when seminars were in Santa Barbara, Thousand Oaks, Pasadena, and so forth, and there was a lot of driving between Baldwin Park (where J-R lived then) and points north. J-R was still teaching school. So was I. On these drives, we did a lot of talking and planning. Generally, he drove to the seminars and I drove home, consistently jarring him back into the body about 11:30 p.m. as I invariably encountered the "chuck hole from hell" on the Ventura Freeway night after night after night. But I stray from my story …

On one of these trips, J-R mentioned that it would be a good idea for this new "being"—the Movement of Spiritual Inner Awareness—to have a logo. My response was an enthusiastic, "What's a logo?" He explained about logos. He was also doing some explaining of Logos, but I'll try to stick to the original story.

J-R mentioned in the seminar the idea of creating a logo for the Movement. "Which seminar?" you ask. I don't know. "But when?" you ask. I don't know that either, but the idea evolved to have people submit drawings and ideas for the MSIA logo, and then we would have a contest and everyone who attended the seminars would vote—and that's how the MSIA logo would be decided. There were a number of talented artists in the Movement, and there was quite a response to the idea. J-R set a deadline for the drawings to be submitted, and the race, so to speak, was on.

On one of the drives to and/or from the seminars, J-R began to talk about his vision of an MSIA logo. He saw it as having a spiral which would be a representation of our evolvement through the realms and through the levels of our consciousness. He talked about how we cycle through things numerous times in our lives and how we can get discouraged because it feels like we are going back over the same ground again and again. (Sounds like those chuck holes, doesn't it?) But we are really moving up on the spiral. We are really going higher. Then he said that he envisioned that it would have lines driving up through the spiral representing the Spirit's path,

which can traverse and transcend all the karma of the slow spiral path and cut through to the awareness of God and Spirit. He saw the letters "MSIA" being superimposed over the spiral design, representing the concept of the Messiah as the transcendent force, and in smaller letters "Movement of Spiritual Inner Awareness" along the top of the spiral design, identifying the organization.

We got a piece of paper out of, most likely, my purse (we didn't have time-management books then) and started to experiment. I say "we" because I can't remember who was driving and who was drawing. I know we fiddled with that spiral for miles and miles and miles. Then we fiddled with the angle of those lines through it. Then, in ensuing days, I stole moments from my classes at school and fiddled with it some more. J-R did his versions; I did mine. We did a lot of them. At some point, we came up with one we liked and submitted it to the contest. I don't think we told anyone who did it. I remember being nervous when people voted. I mean, what if they didn't vote for J-R's design?! Would lightning strike? Would the sky cave in? Would disaster befall us all? What?

> *You who are working within MSIA are moving right along. Look at the reference points four years ago, three years ago, last year, last month, and then look at where you are today; you'll probably see your progress and growth. These things come gradually and subtly. It's not thunder and lightning and fireworks. It's the glory of God flowing in and through you, but in such a quiet way that you may not know it until much later. Spiritual progress started back at some point when you said, "Father, help me. Help me get through these things." And He answered.*

Well, I never got a chance to find out, because at the end of the week when all the votes from all the seminars (six a week, folks!) were counted, the MSIA logo as we know it today won. Well, almost as we know it today. In the early years, it was 100 percent hand-drawn, including the lettering. Sometime later, a Movement graphic artist took it and cleaned it up, putting in "real" lettering for the

“Movement of Spiritual Inner Awareness.” But I think the “MSIA” letters are still the originals. And I’m almost certain the spiral and upward pathways are survivors from “the old days,” as are some of us folks who still cycle around and around over the same old chuck holes, get discouraged, keep going, and, occasionally, hit one of those paths upward, sail up past our limitations, concerns, and considerations, experience God in all the purity and beauty available to us, and know that we are indeed the MSIA, that we are blessed to receive the grace and loving of Spirit, and that all is well. Amen. And Baruch Bashan. Or as we said in 1970, that’s it for tonight.

When I meditate or do spiritual exercises, I just sit there, stripped of everything—every thought, emotion, point of view, opinion, everything. Then I see the Light of God appearing, and I throw myself recklessly right into it. It’s complete abandonment. It’s like singing and dancing in the most quiet, calm way. It’s the joy of joys to be in the presence of the Beloved.

Q&A for John-Roger

Q: What’s the best way to ask you a question?

A: Honestly. Don’t go pull a bunch of nonsense because I can only come in on the level that you ask the question. In other words, if you ask me openly, I answer openly. If you play a deceitful game, I’ll give you a deceitful answer. I must come in on your level. So the higher you come in with your question and the more open you are, the higher we’ll get the frequency.

Q: Do you have any rules you live your life by—you, personally?

A: My “rules” are to love each other and don’t interfere and hurt people. Share with them what you can and try not to possess

anything. And just be free.

Q: How do you feel the contact with God when you are doing s.e.'s, when you are in your daily life, driving your car, speaking to somebody, walking in nature?

A: It is "that which is," and it is always there, and I am always aware of it.

You will never know the Traveler truly if you only know him physically. To know the Traveler, you must awaken him in your heart. You are already awake in the Traveler's heart. Now you must awaken the Traveler in yours. He is there waiting.

Q: You said that your intention is, "I'm keeping my eyes on you, Lord, only you." What does that mean to you?

A: Just what it says. I look at others, but I keep my eyes/thoughts on the Lord. And when I look at others, I see the Divine that they are, so I also am seeing the Lord as I look at them.

Q: Do you see the face of your own teacher on all the faces of people?

A: I see my teacher in each person. I see the Christ in each one.

Q: Did Sawan Singh give you the authority in the spiritual dimensions to give the initiations?

A: Sawan Singh did not give me the authority to give initiations. That came from God. Sawan Singh showed me the line of energy he worked on, and I accessed it, and so I have it, as well as two others.

Q: Was Sawan Singh your physical master?

A: No, I never saw him physically.

Q: Did you make up the notion of the Mystical Traveler?

A: It was there, not as a notion but as a reality that had to be spiritually seen to be known and experienced to be understood.

The awakening into the Christ may not be entirely pleasant. You have to let go of all the things you thought were necessary; otherwise, you do not inherit that which is the Christ.

Q: Why do you call yourself an educator?

A: I look at myself as coming from an education format because before I tell somebody something, I've worked on it for two years. I come at it from all points of view and look at how to take it apart and how to put it together. I know how it works. All these things I've shared with people over the years—I've tested out all of them for at least two years.

Q: When you do s.e.'s, I've assumed it's a nice experience for you. Is it?

A: When I'm working on people's karma with them, sometimes it's "hell" to do s.e.'s, not fun at all. But when I became the Traveler, I agreed to work with my initiates to help them clear their karma, so that's what I do. When you've agreed to do something, you've agreed to do it, regardless of what you feel or think about it or what anybody else feels or thinks about it. You do it because it's the right thing to do, not because it feels good.

Q: You've often said that you go through our karma with us. What does this mean?

A: I'm like a snowplow. I plow the snow so that the bulldozer can get through. I'm right there on the front lines.

Q: Is there any way we can help you?

A: Generally, out of maybe ten thousand initiates who are liberated to the Soul, one may come back and help with the others. The rest just take off. It may be more like one out of one hundred

thousand who help. Anyway, they may help just for a year or two, and then they're off to something else. They don't hold the spiritual energy.

Q: How can I continually expand to hold the spiritual energy?

A: Laugh and smile in the midst of contraction. Be more bold—not in terms of risking, but more bold in terms of trusting yourself, trusting more to the Lord, and following the Inner Traveler guidance, not your emotional feelings about things. Stay true to yourself. Follow your heart, but make sure your heart is not following your ego.

Q: That's a hard thing to do—to differentiate between them.

A: It takes a lot of practice. That's all we do— practice, practice, practice. And seeing is also very important. Seeing, the inner vision, is above all.

Q: Besides seeding for your health and sending you the Light, are there other things we can do to support your health?

A: These things are all very powerful to do, and it's great when people do them. I appreciate it. And, also, take care of your own responsibilities as effectively as possible. Do your s.e.'s daily, go to seminars to help handle your day-to-day karma, and be loving, caring, and sharing with yourself and others.

Q: Why are we asked not to eat any onion, garlic, and pork at MSIA retreats? And I've noticed that some MSIA staff never eat those things.

A: I am personally allergic to onion and garlic. It's not something "spiritual" but is related to me and my body on the physical level. So, the people who do MSIA services (aura balances, polarity balances, and innerphasings) and those who do initiations and ordinations in MSIA are asked to abstain from using onion and garlic for at least twenty-four hours before doing any of those

services. This is because I work with those people in such a way that I could pick up onion and garlic in their system and have an allergic reaction myself. Some people who do services choose not to eat onion and garlic at all.

If someone else (who does not do MSIA services) eats onion and garlic, that does not interfere with my spiritual work with them, which takes place on the spiritual levels. (For a description of MSIA services—aura balances, polarity balances, and innerphasings—see page 703.)

When people come up to the one anchoring the Traveler Consciousness, that consciousness is immediately awake, alive, aware, and active, relating and loving with them. It sometimes brings a balm of soothing to them if that is what they need. It sometimes brings a kick in the pants, if that is what they need. It is perfect loving, whatever the expression. The Traveler brings each person exactly what is needed to change and lift into greater freedom.

When I'm participating in an MSIA event, like a retreat, there is no onion and garlic in the food so that I don't pick that up when I work with people. The same thing applies to MSIA dinners that I attend. I also tend to steer clear of people who have recently eaten garlic, onion, or pork—onion and garlic for the reasons given above, and pork because it has a low vibration. This also applies to non-pork products that imitate pork, such as artificial bacon bits, turkey bacon, etc. I have no problem with people taking or eating onion and garlic as part of a health program.

Q: Why are people asked not to touch you after you give a seminar or take sharing with people at a retreat or class?

A: When I give a seminar or take sharing (and this applies to John Morton and others who give MSIA seminars), the spiritual energy of the Traveler comes in to work with everyone there in a very direct way. People can release many karmic things, a lot of negativity. All

of that has to go somewhere, and it goes to the person conducting the seminar or question-and-answer session. It collects in the auric field around the person. If I (or any other person giving the seminar) can leave the room and release it into the Spirit, then it goes and the Spirit handles it. If I get touched before leaving the room, it comes into my body and consciousness, and then I have to process it out. When someone has released a physical problem—like a headache, flu, bad back, or something more extreme— it's not fun to experience that in my physical body. I'd much rather that the Spirit just take it right away. It's the same thing with someone's emotional upset or crazy thinking; it's much easier to have the Spirit handle it up front. So if I can get away from a seminar or Q&A without being touched, that helps me.

Q: Can I get a tape or transcript of the sharing I did with you recently?

A: No. By listening back to the sharing, you could likely reactivate and pull back to yourself the karma that was lifted while we talked, and then it would be nearly impossible to clear. And often, the karma is in areas that have nothing to do with the verbal sharing.

A good approach is to trust that the part of you that needed to hear and remember what was said did just that, and it will be available to you when needed. Sometimes the information has been integrated into the consciousness as a knowing, something you just know as a spontaneous response, so the conscious intellectual awareness of the information is not necessarily the most important or even the most desirable form of knowledge to seek. In time, the information received in the sharing, combined with the experience of having lived it, can bring the understanding the mind wants now but cannot gain.

Q: Could you give me more detail about what you shared with me at a retreat? There were parts I didn't understand.

A: When someone shares with me at a workshop, seminar, retreat, etc., I give the information that their high self and the Spirit allow

me to bring forward at that time for the person's highest good. I generally don't remember what I have said. And, anyway, what happens through the spiritual energy during the sharing is much more important than what was said verbally. Also, some of what I said may not have pertained to you; it might have been for someone else in the group. So if it doesn't make sense to you, just let it go.

Q: Is it okay if I take notes for someone you share with and give my notes to the person later on?

A: When I share with someone at an event, it is best if you do not take notes for that person, because the karma that was released during the sharing (which may have nothing to do with what was said verbally) can come back a second time, and it is almost impossible to get it out a second time. The consciousness of the person I am sharing with will get spiritually what is important for them to get from the sharing.

You don't need to search outside yourself for direction. You can simply move into your own wisdom anytime you choose and live your life from that reality.

Q: Why do you sit up on a stage when you talk? It seems very formal and a little removed.

A: I don't care to be up on a pedestal doing anything for anybody because it is a distraction from the Spirit form that I am. I'd much rather just sit with you and talk with you in the world than to be up here in terms of "I'm here and you're there," because I think far too often you put me *here* and put yourself *there* and separate us.

In the beginning, when I was first giving seminars, I'd sit in a circle with people on the floor. Then the circle got bigger and bigger, and people said, "Well, we can't see you. Would you sit on a chair?" So I said okay and sat on a chair. Then more and more people came to seminars, and they asked if I'd sit in a higher chair.

So as it went along, I ended up on a stage, and I don't like it. But I'm not doing this for me; I'm doing it for you.

I would much rather be able to live in a community of all of you, where we could all be together. We could go to the same store and buy the same candy bar and stand and eat it and talk about the rain if we wanted to, or we could just be with each other. I'm not sure if that's ever going to happen.

I want to be with people, and at the same time, I don't want to be pestered. I'm not bothered by you with the spiritual flow, but I'm bothered by the pestering flow of the lower consciousness that is never going to be satisfied with anything, no matter what it gets. If I'm around, these kind of pestering people just have to ask me a question, like, "Is there a basic self on the moon?" Or people say, "Can I have a minute of your time?" If I gave everybody a minute of my time, there wouldn't be enough time to get around to everybody. So I often won't let someone ask me a question, and when I walk away, they find out there is no question any more because it was answered in the internal energy field. I don't clear up your problem; I don't even care to hear all about your problem. All I do is supply you with enough spiritual energy to override the problems, and then *you* change things if you want. People want to tell me all the details of their problems, but I'm not concerned about the details. I don't need the whole story. I understand that you need more energy, you need more loving, and that's what you got. Now *you* go deal with it.

People wanted the Movement to grow really large and encompass more people to give more of the blessings out and transform things. Then at the same time, they said, "Oh, there are so many people now, and I can't get to talk to you like I used to."

I told them, "Well, I know, and you're the one who did the good work that produced it, and you're trying to hang it on me, and I don't want it hung on me." I told people from the beginning that I didn't want a group or a following. And it's fine with me if more people partake of Soul Transcendence. That's what this is all about anyway—not me, John-Roger, a person. It's about the frequency of

Spirit that rides on and through the work I do, that John Morton does, and that the Church does.

Q: I was having a discussion—well, it was an argument, really—with my husband, and he would say, "J-R says this" and "J-R says that" about what we were arguing about.

A: He was trying to use the "J-R teaches" approach against someone, and this will not work well for him karmically.

Q: What do you teach?

Q: What do you communicate?

A: I communicate living love.

A: Nothing.

Q: How can you be a spiritual teacher and not teach anything?

A: The teachings teach. All I do is describe what's going on, present it, and say, "There it is. If you want it, there it is. If you don't, that's okay, too, but just move over so those behind you who do want it can get it."

Q: How do you take things so lightly?

A: My focus is on God and His loving for us all, and that makes it all very funny. Also, one of the premises I work with is, if I can't have fun doing it, I don't want to do it. In MSIA, we have a lot of fun. If someone wants to join with us, that's fine. If they don't, that's fine, too. We just continue having a great time. What if we're all crazy? What a way to go! People sometimes look out into the world and see someone who says they have the answers but who is crying and moaning and miserable. The so-called idiots in MSIA are experiencing joy and bliss and are finding out what the spiritual

worlds are like while still living in this one. We are anchoring Spirit in our lives here.

Q: God bless you, my friend, for all your patience and for your willingness to let us learn what we must learn.

While you are here, my wish is for you to be loving, to serve God and your fellow men, and to be open to all the blessings that are already yours. And don't forget that this world is not your home. Your home lies beyond the Soul realm, and you get there through Soul Transcendence.

A: This has been my greatest struggle in the physical plane.

Q: Is there anything special you would like for a Christmas present?

A: Lots of loving for the planet and its peoples.

Q: How can I have a close relationship with you?

A: I work closely with a number of people, and probably the only thing they find really consistent in my relationship with them is that I am always undermining their rules for my behavior. A true relationship with me is one of honest communication about what is going on. With me, you always have the freedom to experience and to express just what is so for you. I have never judged you and never will judge you. I have just loved you.

Q: Who are you, and what can you do?

A: It doesn't matter. What matters is who *you* are and what *you* can do. My body is not here to be worshiped, looked up to, or set apart in any way. My body is unstable; it is changing all the time. My emotions are unstable; they shift and go up and down like everyone else's. My mind plays the same games as yours does. These levels are impermanent. Do not worship them in me, and do not

worship them in yourself. Place your allegiance in the higher Spirit. Worship the Spirit within yourself. That Spirit is within everyone.

I've found, in my experience, that God is everything. He's your birth, He's your life, He's your suffering, He's your joy, He's your death, and He's your eternal life. So to God goes all the glory. It's nice to know that God is in everything.

Q: So, what do you do with people?

A: I hold a focus of love. I hold a focus of fulfillment. And I, honest to God, see you in the majesty that you are, even at the moment when you are ready to "kill" me. Even in the moment when you are castigating me, I still hold that picture for you. Why? Because that's the truth of who you are, and I don't care to deal in falsehoods.

Q: I would like to chronicle your journey, your lessons, your legacy, and how you climbed the ladder to perfection.

A: When someone asks me what I am doing, I usually say that I am working to correct my bad habits. It's an incorrect assumption to say that I have attained perfection in the personality, etc., and I am still exploring the spiritual realms. There is always "et cetera" for all of us.

Most of the seminars I have given are preserved, and they speak about my life as much as I care to have it spoken about. The legacy I would leave is in the teachings from Spirit that have come through in the past thirty-five years (and counting). They provide a road map into the Spirit for those who would go, and there will always be a Mystical Traveler here to provide the energy for those wanting to go higher in Spirit.

Do you know how I pray? I get on my knees and say, "Dear God, I don't want anything from You, but I would like to know what You want from me. Would You let me know what You want? Would You open my eyes so I may see what You are giving me and help me to know what to do with Your blessings?"

My life story is preserved in the Naccal Records and will be read by those who get there, and the others will not understand what they read anyway. The teachings are so spread out that MSIA will survive the myth that might try to emerge around my personality.

Q: You credit the endurance of the Church to the Mystical Traveler Consciousness. What about your leadership?

A: I think it's in spite of me. My direct boss is Jesus Christ, so if you ask who is the head of the Church, spiritually it's Jesus Christ.

Q: Do you see yourself as a messenger?

A: I look at myself as a presenter. I've told lots of people, "I'm so dumb, why would you want to follow me?" But I don't have followers, not even "students," though there are people who study the Discourses. They may try to look upon me as some sort of great spiritual teacher, but, believe me, I'm as flawed as anyone else.

My love is always with you.

Q: How would you like to be remembered? What's the most important thing for people to know about you?

A: Probably nothing. If I were remembered as nobody who did anything and didn't make a wave or create karma for myself or for others, I think that would be terrific.

For More Information

For an explanation of personal-use
and public-use MSIA materials, please see page 385.

When Are You Coming Home? A Personal Guide to Soul Transcendence (Hardbound book, ISBN: 978-1-893020-23-8). A book about J-R's spiritual awakening, inspired by the theme of the prodigal son and based on J-R's own life experience. Includes "Inner Journey Through Spirit Realms" meditation CD.

The Wayshower (Public audio packet #3901). Two seminars: "The Search for a Master" and "The True Self," plus a booklet that some of this chapter comes from. The packet has funny stories and a profound message.

"Honoring the Beloved" (Personal-use audio seminar #7311). J-R's seminar given in December 1988, when some of the keys to the Mystical Traveler Consciousness were passed to John Morton. Some of the information is in this chapter.

Interviews with John Morton and John-Roger: Religious Scholars Interview the Travelers (Paperbound book, ISBN: 978-1-893020-01-6). A series of interviews with J-R and John Morton with information on the development of MSIA and their work with it.

Online: www.johnroger.org: An overview of John-Roger's work, a listing of some of his books, information on John-Roger on cable TV, articles, and more.

"Sealed Books of Consciousness" (Public audio seminar #7746; public video seminar #VC-7746). The first videotaped J-R seminar, from November 1972, filmed in black and white. A unique view of J-R (and the audience) from the early years.

"Mystical Traveler—Direct Line to God" (Personal-use audio seminar #7127). Packed with information about the Traveler and its job, the value of initiation, and much more.

“Introduction to MSIA” (Personal-use audio seminar #7023; personal-use video seminar #V-7023). The Traveler’s job of Soul Transcendence, the inner and outer realms of Spirit, psychic influences that can impinge on the physical level.

“The Light, the Truth, and the Way” (Public audio seminar #7571). A classic seminar from 1971, presenting the basic teachings of the Traveler.

CHAPTER 12

STUDYING IN MSIA

The Movement of Spiritual Inner Awareness is going world-wide. It is not that everybody in the world is going to know it because it is not for everyone. It is for those Souls that are going to transcend the physical level this time and not reincarnate again. That does not mean everybody, because there are a lot of Souls that have to have many, many more experiences in this physical level. So we plant seeds of Light, something of hope in people that may take effect "forty" incarnations from now when they start awakening within themselves.

The Inner and Outer MSIA

In the United States, we are The Church of the Movement of Spiritual Inner Awareness (MSIA), and the Church has only three members: the president, vice-president, and secretary-treasurer. The participants are the people who read the Soul Awareness Discourses, listen to the Soul Awareness Tapes, read the MSIA books, and come to the workshops put on by Peace Theological Seminary and College of Philosophy. We are, in a sense, the participating membership of the Movement of Spiritual Inner Awareness, but we cannot be "members" because of the way the laws of California and the United States are written. It is a legal definition.

The Movement of Spiritual Inner Awareness teaches the awakening in love. Other groups may teach awakening through anguish, pain, self-denial, abnegation, or fear. We don't teach that. There would be little joy in that path, and the presence of joy is one of the best indicators that the Spirit is present—joy and love.

When we say we are in the "movement of spiritual inner awareness," we are saying it is inside of you. The capitalized one —"MSIA"—is a church, a nonprofit organization registered with the Internal Revenue Service in the United States. The other one —"msia"—is registered in your heart. That is where we do the work.

MSIA has a spiritual guide, which we call the Mystical Traveler, and I started doing that in December 1963. Then in June and December 1988, I started sharing some of the spiritual keys to the Traveler Consciousness with John Morton, and I "retired" somewhat. Now, a Traveler does not really retire; you stop cleaning out the chicken coop and start cleaning out the horse stables. So you just go from chickens to horses, but you are always doing something. (See chapter 7, Soul Transcendence: The Work of the Mystical Traveler, for more on this.)

Some people still say that I am the Mystical Traveler, but that is only partially accurate. Here on the earth, John Morton began sharing the mantle with me in 1988, and he will usually work spiritually with new people who are coming into MSIA. Even so, just because I started sharing the mantle of the Mystical Traveler does not mean I went stupid. I still know how to do it because all these years, I was reading my own Discourses, listening to my own audiotapes, and watching my own videotapes. And I practiced it, so I learned to do it.

The part that was giving the information in the Discourses and tapes was a spiritual part, and everyone has that. So if we were to say, "Who is the Mystical Traveler?" the answer is that it is everyone who is breathing. That is who the Traveler is— everybody on the planet. But John Morton and I have the mantle to conduct the spiritual ordinances. He is my Traveler here on this physical level. John also says that I am his Traveler, which is true. I am also the Traveler spiritually for all the people I initiated, but I am not their Traveler physically; John is.

It is not required that you believe that John Morton is the Mystical Traveler, nor is it required that anyone believe that I am a Mystical Traveler. It is not required that you believe what is in the

Discourses. It is not even required that you do spiritual exercises; the Spirit, the Traveler, does them for you in the Spirit world. This is a church with absolutely no requirements to believe. It does have suggestions and tenets, but it is not required to believe them in order to participate in MSIA.

These are our *tenets*, the principles we use to help us get through this world: Out of God come all things. God loves all of Its creation. Not one Soul will be lost. These are our *guidelines:* Don't hurt yourself, and don't hurt others. Take care of yourself, so you can help take care of others. Use everything for your upliftment, growth, and learning. Although they are our guidelines, nobody comes after you if you break them. Nobody throws you out of the Church. We know it is hard to do these things, and so we just say, "Forgive each other."

We also have nine *ideas* that we use in relationship to other people and ourselves: Health, wealth, happiness, prosperity, abundance, riches, loving, caring, and sharing. There is also a tenth one: reaching out and touching to others and sharing all this with them. And, again, you are not required to do or believe this; these are ideas of how we want to live together.

We have a right to worship the God of our hearts. We have the right, and we give all other people the same right.

We are the only organization on the face of the planet that has all of these things as our guiding light. We are in a fantastic group of people, going in a great way, and we are ready to help each other. We will also be criticized and condemned because we follow these principles. If you cannot follow them when you are criticized, you will probably leave the organization of MSIA, but you cannot leave the movement of spiritual inner awareness inside of you, because it is always there. Before I ever told you about it or you heard about it, it was there in you.

You always come back to your own reality, and no one should tell you your own reality. They can point to where it might be found, as someone can point to where the bathroom is, but nobody should tell you what to do when you get there because that is your business. The same thing holds for Soul Transcendence. We tell you how to go inside, and when you get in there, that is your business. You are free.

MSIA is natural knowing. Once you get in there, you know. You just know. Nothing can change it, except as you learn to know higher things. Then you start to be around people who are in the natural knowing. Sometimes you need the support of a group, so we have MSIA home seminars. (See page 671 for more information on home seminars.) You go to a seminar, and the people there start putting the energy of God back towards you. You take it in, feel it inside, and once again you naturally know. It is an effortless path.

The Traveler gets letters from people who say, "You've taught me so much and I've taken from you for so long. How can I start giving back?" You can manifest the Spirit more completely in your life and give that Spirit to others. Give love. Give understanding. Don't preach to people. Just live with them in the fullness of your love.

If we were doing yoga, this would be called *sahaj yoga*, the natural way. But we do more than just sit and be natural. We follow the Sound of God's voice and the Light of His countenance. That is called *surat shabda yoga:* listening to God's voice, or the Sound Current. So you naturally go back inside and hear God. At that point, this world will change for you. You may not be as happy here, but you will be happier inside, and then you learn to bring it out.

Remember this: before you connected with God, you were like other people out there who were not connected. Thank God somebody connected you. Now, turn around and touch to somebody

else. That touching is what opens the spirit. When somebody gets angry and is going to be mean, just reach over and touch their hand or their back, and pretty soon their spirit starts to open. Then you speak kind words to their spirit. You do not bawl them out for what they did; they already feel bad. Yours is to make them feel God, and God is good.

You could have been studying in MSIA for twenty years, and somebody who comes in tonight for the first time may be equally as advanced as you. So there is no such thing in MSIA as an "elder" or an "old-timer" (unless you are referring to old age). Therefore, we do not judge. We leave that to God, because He said that "judgment shall be Mine." So we just love, because Jesus said to love your neighbor as yourself and to love God with your body, mind, and Soul.

The Movement of Spiritual Inner Awareness is an esoteric mystery school, meaning that it is an inner process. MSIA's outward expression is to bring people into a balance of working with each other and to bring greater conscious knowledge and understanding to each person.

For more information about MSIA, see Appendix 2, An Informal History of MSIA, and our website at www.msia.org.

Q&A About MSIA

Q: What is the Church, esoterically?

A. Jesus Christ told me this: I live in the Father. The Father lives in the Kingdom of Heaven. The Kingdom of Heaven is inside. That that is the Church is the gathering of the Soul and the gathering of the Holy Spirit and the gathering of the Father and the gathering of the Son. And the children of the Almighty God live there. That is the Church.

Q: Why do you call MSIA an ecumenical church?

A: One meaning of *ecumenical*, and the way that MSIA uses the word, is "worldwide or general in extent, influence, or application." Put another way, everyone on the planet is in their own movement of spiritual inner awareness, consciously or unconsciously. Each of us is a Soul, gaining experiences as we go home to God, and those in MSIA are consciously on the path of Soul Transcendence.

The symbol of MSIA is an upward spiral, and within that spiral there are many angles and paths that also lead up. The symbol shows that there are a lot of ways to get to God.

Q: Is MSIA the highest path?

A: If a person wants to traverse the higher realms of Spirit and to have knowledge of their own Soul and their oneness with God, then studying the teachings of the Traveler and, even more important, working with the Traveler Consciousness provide a direct way of doing this, a way that has worked for many people (Souls) over the centuries. Doing this could certainly be called "the highest path," but I've never said that this is the *only* spiritual path.

Q: What is the relationship between MSIA, the Mystical Traveler, and the Christ?

A: MSIA is on the planet for one reason: to conduct the Soul back to God. The Traveler Consciousness is that which transports the Soul. Christ is the spiritual head of the Movement of Spiritual Inner Awareness and supplies the energy. The cosmic form of Jesus the Christ delineates MSIA, and nothing in MSIA is separate from the Christ. The teachings of the Christ are our teachings, and the teachings of the Christ are the teachings of Spirit. We seek to live in the ways demonstrated by the Christ, to be honest and loving in every way. I follow the Christ as closely as possible. I look at myself

as a follower of Christ, and I also know that I fall short of that. Nevertheless, I'm still following.

Q: Have you ever told anyone to leave MSIA?

A: I don't recall having done that. It is possible for me to tell them that it is time for them to leave the Church study as a direct format, and it is equally possible that they won't.

Q: What do you think about people who leave MSIA?

A: I think that's fine. The Traveler Consciousness is within everyone, and it helps everyone get what they want. So in that way, the Traveler is also responsible for their leaving. All people who stop actively participating in MSIA are exercising their God-given freedom of choice and are likely to have other lessons to learn or karma to fulfill. Ultimately, it will be fine with them, so it's fine with me if people stop participating in MSIA. MSIA offers loving support regardless of what people decide to do.

Getting Your Own Experience

The only way you will know if MSIA's teachings are for you is by your own experience, by your own evaluation of how they work in your life and how your life has been affected by them. I speak to people out of my level of experience, and I let people suit themselves about how they want to take it. I speak only from this level because that is the only truth I have going for me—the truth I have personally found will work in my life—and I allow everyone else to do exactly the same thing if they want to.

You have to ask yourself, "Does it work for me, or doesn't it work for me?" Of course, the next question is, "How will I know?" It is always that there must be a *manifestation* of it if it works for you. Mentally, you will think more clearly. Emotionally, you will feel better. Physically, your good works will be seen so that everyone can say, "Yes, that's working, at least physically, because I can see

their good works." Spiritually, it will move you in all the levels of mind, emotions, and body.

The Movement of Spiritual Inner Awareness is not one of those groups that says, "We're it, and you're not," for the simple reason that it is a *movement*, not something that is stable or fixed. And if it is moving, that means we have to stay on our toes or we will trip and fall, so we want to give up anything that is not working.

> *We move our consciousness. That's why we call this the* Movement *of Spiritual Inner Awareness: we're moving our consciousnesses from one point to another, always seeking that which will work for us. When a point of consciousness no longer works for us, we hope we will have the wit to move to one that does*.

There is only "one way," and that is the way that works. And when it works, that is your way. If it does not work, by definition, that is not the way for you. Can that way be any group? Yes, if that group works for you.

As you pursue your spiritual studies, you may have doubt, and there is nothing wrong with that. Always and forever on this planet, there is going to be doubt, because this world is the negative power's domain, and it produces doubt. Doubt can always be used negatively, and it can also be used positively, which is to use it as a prover. You use doubt as a tool to inquire, and your inquiry needs to be critical. Not negative, critical. That means looking very closely and precisely at something instead of just running your doubt as information or evidence: "I doubt this. Therefore, it must be false, bad, wrong, no good." Doubt has no information or evidence in it. It has a feeling that things do not fit. If you have that feeling, you then use your intelligence to see either how things do fit or what does not fit. Now you have proven something for yourself. Either way, your doubt has served you.

MSIA is here to present points of view to you and to present ways that can work for you. MSIA didn't come forward to start anything new, for there is no need for it. The truth is on the planet and has always been here. There has been no dark age when truth was removed from the planet. People just went into darkness in their minds and consciousnesses and changed what was here to suit themselves.

My job is not to remove doubt. It may sound strange, but if I do not create some doubt for you, I have not served you. We want you to bring your brain, your mind, with you when you come into MSIA. We want you to look at things and check them out, and doubt is sometimes part of that. So do not worry about questioning MSIA and the teachings. You *should* question them. And you should check and test to see whether the ideas presented work for you. If they do work for you, you have validated the information and the experience. Then it will not matter what anyone says or thinks about it. You will know what is true for you.

Sometimes you may hear things inside you and wonder if you should act on them or wonder if God or the Traveler is telling you to do something. No matter what you hear or where you hear it, check it out. Lean into the action and see what its consequences are. If you do not like what it seems to lead to, change your direction a little or a lot. It is called being practical. It is called living life and learning from it. Some people are afraid of making a mistake, but there are no mistakes. There are just experiences and chances to learn.

So as you study in MSIA, find out what is going on. Work it, and then take the part that works for you and let the rest go. You are free to do what you want. Why? Because that is what you are going to do anyway. You will do what works for you. And when something no longer works for you, move to what does work for you. You just keep going higher and higher.

As you awaken more to the Spirit within you, you will see it more in others. You will begin to see Spirit everywhere. You will see everything as a part of God, and everything you see will lift you because it will continuously direct you to God. What a joyful day that is!

Don't believe. Don't be a fool. Why believe prior to your experience? Live your life based on your experience. That is the action of the Christ. It brings an experience of transformation, rejuvenation, resurrection. I call it awakening.

MSIA Home Seminars

One way you can participate in MSIA is to go to an MSIA home seminar, which is held by a seminar leader, usually in their home. At these get-togethers, people watch a video or listen to an audio recording of a talk (seminar) that John Morton or I have given. Home seminars are also a place to meet others who are studying in MSIA and to share in that fellowship.

Part of the seminar experience is receiving useful information. Even more important, the Traveler Consciousness works spiritually through the seminar to lift karma.

For more information about MSIA home seminars or how to become a seminar leader, you can contact the MSIA office in Los Angeles or the MSIA Representative in your area.

When you are working with the Mystical Traveler Consciousness, the work is more inner than it is outer. You are given teachings inwardly in the purity of your heart and Soul. The outer words, the books and Discourses, are reflections of the inner teachings. These outer reflections are only the beginning, not the end; they serve to awaken you to the inner teachings that are going on within you twenty-four hours a day.

Soul Awareness Discourses

To study in MSIA, a person subscribes to the Soul Awareness Discourses. There is one Discourse to study for each month of the year, and the information is from seminars that I have given over the years. The Discourses are an important part of the Traveler's teachings on the physical level, the wisdom that has come through from Spirit. There are twelve years of Discourses (144 in all), and after a person finishes the Discourses, they continue their study in MSIA by listening to the Soul Awareness Tapes/CDs (SAT), again one per month. A person can also have a SAT subscription while studying Discourses.

Reading Discourses (or listening to SATs if the Discourse series has been completed) is all that is asked of a person when they want to study in MSIA, including being an initiate or minister. We also greatly encourage people to do spiritual exercises, but that is not something we can or want to regulate or even check up on. It is up to each person to decide the level of their commitment to this spiritual path. Some people get a little disconcerted by the lack of requirements in MSIA, but if they stick around long enough, they may realize that the freedom that is inherent in MSIA reflects the freedom that God has given each of us to determine for ourselves our own journey back to God. You do it yourself, and the rewards are also yours.

It's important to keep in mind that the outer teachings will never be as dynamic or pure as the inner teachings. It is the Traveler that resides with you who continuously—every moment of every day—gives you the spiritual message from the God that you are in your purest form.

The Discourses have a lot of terrific information. Even more important than that, they are a point of attunement with the Mystical Traveler spiritually. When you read your Discourse, the

Traveler works directly with you. So it works best if you read your Discourses in a quiet, contemplative atmosphere and environment. Every now and then, I hear of people losing their Discourses on buses or at the beach, leaving them out at work and having other people read them, and so on. It usually works best if you keep your Discourses at home, in a place where you do spiritual exercises, since the Discourses are part of that attunement process. Reading them on buses, at work, at the beach, and so on could indicate that you are reading them as information and not as an attunement process that is a part of your spiritual study. Reading the Discourses in a contemplative environment will allow the Traveler's energy to be fully present with you.

Many people have told me that what they read in their Discourse each month relates to the experiences they are having and helps them handle the challenges they are facing. This is the way it has been set up in Spirit. The Discourses provide both an inner and an outer course of study. The information in each Discourse is the outer course, and the Traveler Consciousness working with the student on the inner levels of consciousness is the inner course. The two courses are set up in Spirit to coincide at a rather high rate.

We have accrued so much karmic stuff that it's hard to get through it, and the Discourses help you do that. Some karmas are like cement or granite. The Discourses are like a sledgehammer that can help the granite (karma) lift out.

Some people want to stay under the Traveler's protection by participating in MSIA and *subscribing* to Discourses, but they do not realize that *reading* the Discourses is the point of attunement with the Traveler. It is at that point that the spiritual protection starts to increase. The same thing applies to subscribing to and listening to the Soul Awareness Tape/CD (SAT) series if you have completed the twelve years of Discourses.

See Appendix 3 for a list of the titles of the Soul Awareness Discourses and page 764 for what to do with a person's MSIA materials (Discourses, tapes, etc.) after the person has died.

To subscribe to Soul Awareness Discourses and Soul Awareness Tapes/CDs, you can contact the MSIA office or order them online at www.msia.org.

MSIA Personal-Use Material

The Discourses and personal-use MSIA tapes are all designed spiritually to release karma, and they are spiritually charged. The Traveler has set up a spiritual energy-field with these things such that the Traveler works directly with the Discourse subscriber or tape owner to release karma. Where does the karma go when it is released? It goes to the one who placed the action out, that is, the Mystical Traveler. The Traveler is prepared to handle the karma. If you want it, you are welcome to give it a try. A few people have experienced this after letting someone read their Discourses or listen to their personal-use tapes, and sometimes it gets to be physically painful. Some of these people have gone emotionally "screwy" for a while. But the Traveler Consciousness can handle it, and that is why we say not to share the Discourses and personal-use materials with others. (MSIA personal-use materials are noted as such. If you have a question about a particular product, you can contact the MSIA office and ask about it.)

An exception is the non-SAT, personal-use audio-and videotapes and CDs. These can be shared with your immediate family living together (your spouse and your children under twenty-one years old who are still living at home). The reason for this exception is that these people are probably sharing karma already and are already involved in an ongoing process of working through patterns; that is part of being together in a close, intimate way. So, sharing non-SAT tapes and CDs within a family usually does not add any imbalance to the already-existing patterns.

For me personally, if I were married and had three kids, they would each be getting their own individual tapes. Why? I have enough of their karma just handling this life with them, without what they are going to release from inside them and put on the tape.

Outside of the exception described above, if you let someone else listen to your personal-use tapes or CDs, you may end up getting what that person released while listening to the tapes. I want you to understand that something goes on with these tapes other than the obvious. Whatever it is, it is yours to handle once you get it.

Sometimes spouses ask to share Discourses or SATs. Any karma that might have been released on a one-to-one reading/listening can get mixed up with a one-to-two reading/listening, and I am not responsible for any of that. It may be "spiritually clear" for people to share Discourses or SATs, but you must understand that what we do is always "clear spiritually." It is the karma that is the bugaboo, and the only way one might know that is after the event is in motion. Then it is too late to say, "Oops."

Some people say that they have "always felt fine and comfortable" sharing Discourses or SATs, but this is not the criterion to be used to know how the karmic field is flowing. It is found in the causal level. It might feel fine and be terrible, and it might feel lousy and be fine karmically. In other words, it is not decided upon by the feelings of people. In addition, it is easier for the Traveler, in working the karma, for people to have their own set of SATs, and SATs are most effective for people if they have their own set.

Q&A About Discourses, MSIA Tapes, and Home Seminars

Q: Can Discourses be considered the Traveler's teachings?

A: The teachings on the physical level are found in the Discourses (and the MSIA tapes). Discourses direct people towards the teachings, but the real teaching is in the Spirit.

Q: I lost my Discourse. What shall I do?

A: Do s.e.'s to clear any karma that might be in the situation. Doing s.e.'s brings in more spiritual energy. There is a karma from the invisible levels of somebody listening to your personal MSIA tape or reading your Discourse, and it can start to come back on you. The fire of your spiritual exercises starts to burn up the karma.

Q: I had a guest at my house, and she read the Discourse that I had on the living room table. What shall I do?

A: The answer is the same: do s.e.'s to clear any karma in the situation. This is yours to handle, and I'd also suggest that you keep your Discourses and personal tapes where people don't have access to them. The information about this has been given to you, and you're responsible for handling anything that comes if you don't pay attention to it. When a person knows not to let someone else read a Discourse and lets it happen anyway, the karma goes to the person who knew not to do that.

Q: My fiancé read some of my Discourses without my knowledge. I failed to put my Discourses where no one could get them, and he knew that they were not for him to read. Can you clear the karma that either of us might have incurred?

The very first MSIA Discourse says that MSIA teaches the brotherhood of man and the Fatherhood of God. Love is the bond that creates the brotherhood. And love will set you free to discover the Fatherhood of God.

A: Since you both knew about it and did it anyway, I can do nothing about it.

Q: One Discourse and four of my personal MSIA tapes were stolen from my car. Am I responsible for the karma?

A: The karma, if any, goes to the thief, not to you.

Q: I am bothered by some of the language in the Discourses, which sounds like the language of the old patriarchy, for example, "the Fatherhood of God and the brotherhood of all human beings."

A: The phrase you quote could have been "the Fatherhood/Motherhood of God and the brotherhood/sisterhood of all human beings." That is what is meant, and it's just that this is awkward language. When you read something like that and are bothered by it, you can change the language for yourself. And remember that words are not the things they try to represent. This is so even more when we are talking about spiritual concepts, which can't be put into words. Even when we say, "Mother-Father God" in MSIA, that is really a metaphor. God cannot be contained in language. Soul Transcendence is beyond gender.

Q: I am reading information from another group, and it seems so much like what is in the Discourses.

A: The Discourses may parallel many teachings, and I've often said that I don't teach anything new and that I put ancient teachings into a new format. But the Discourses have one thing that others don't: they are spiritually charged by the Traveler, and more happens while reading them than just the mental or intellectual transmission of ideas. The Traveler also works with initiates "25 hours a day, eight days a week," which is to say that the teachings are extended all the time. They are more on the inner than the outer, and they are directed towards Soul Transcendence.

Q: What are the differences, if any, between Discourses/SATs, s.e.'s, and MSIA seminars in becoming one with God?

A: First of all, we are already one with God, so what you may be talking about is increasing your *awareness* of this. All the things you listed can contribute to this increased awareness, and s.e.'s are specifically designed to increase your awareness of the nonphysical levels. Discourses and SATs provide information as well as being a point of attunement with the Traveler. At seminars, you have an

opportunity of clearing karma from this life and past existences. So, each one (s.e.'s, Discourses/SATs, seminars) has a slightly different focus, but all of them can assist you in becoming more aware of being one with God, since that is the Traveler's overall focus of Soul Transcendence.

Q: I wonder that I haven't yet integrated much of the information from MSIA tapes and Discourses about the different levels, sounds, etc., and I sometimes think that maybe there's something more I should learn to make this all happen.

A: The information in the Discourses, tapes, and books is there as a reference point for people so that if they encounter something that is described, they will have previous knowledge of it, which may make the experience clearer, easier, etc. Some of the information can also be a guidepost that indicates to a person that they are going in the right direction for Soul Transcendence; other information can indicate a digressive path.

It's not the best approach to get the mental information and then look for or expect those things to appear. You may experience some, all, or none of the things I've described. You'd be further ahead to shift out of the approach of being the one to "make this all happen" and into a more receptive approach of "I'm going to read my Discourses and chant my tone and see what happens. Whatever You bring to me, Lord, that's just fine with me. And if that's 'nothing' as far as I can consciously perceive, that's also fine. You're running the show, Lord, and I'm here to be with You." The door opens inward, so relax, step back, and be open to what the Lord presents to you.

Q: How can we alter karmic patterns?

A: One way is to remember that you are here and now and that if you try to exist in the future or as a memory, you are keeping yourself separate from the here-and-now that you are. Then, not being centered within the individuality of who you are, you are more prone to disturb your own internal recording mechanisms. These mechanisms then play havoc with you emotionally, and you

may set up patterns of compensation that may be called addictions or allergies. These addictive patterns or allergy patterns often cause you to place judgment against yourself, which then produces guilt. That guilt, nine times out of ten, will cause karma that must be worked through.

The best way, within the Movement of Spiritual Inner Awareness, to alleviate or change the karmic pattern is to work very closely with the Mystical Traveler Consciousness. The Traveler is going to work it off with you in the psychic realms. If you've been accruing karma during the week, another way of letting it go is to come into an MSIA home seminar, where most of it will be lifted right off you through the spiritual action of the Traveler through the seminar. This is why some people leave after a seminar and say, "Something lifted." That "something" is what we call karma, a pressure. If you wish to just give it over, if you just say, "Here, Traveler, you take it," and you let it go, you're not giving it to me, the physical body, because I frankly don't want it. But you're giving it to that which can alter or modify, that which has been called grace in the orthodox churches.

Q: I've heard you use the words "Baruch Bashan" at the end of your seminars, and you end some Discourses with that. What do these words mean?

A: They are Hebrew, and they mean "the blessings already are." All the blessings that will ever be present exist here and now, and all you do is move into the realization of those blessings. The frequency of these Hebrew words inherently conveys the blessings to your consciousness.

Writing Letters to the Traveler

There are many thousands of people in MSIA worldwide, and I get many letters each day. For at least twenty years, I have asked certain MSIA staff members to help me with letters. If I were to physically read every word of every letter that came to me and then

personally write all the responses, I would not have time to do anything else. These secretaries help me, and that lets me do other things I have to do.

I read many letters or summaries of letters, and I answer some letters physically if that is needed. I do not physically read or get a summary of some letters, but I get the letter spiritually when you write it because you and I are in touch through the Mystical Traveler that is in me and that is in you. It is the same Traveler in both of us. The communication is between you and the center of you that is the Traveler.

Since my/the Traveler's work is done on the spiritual levels, there often is no need for a physical-level response to things that people write to me about. If anything can be done at that time—if anything is permitted by Spirit in the situation—it is done and will be done. And sometimes (in the minority of cases), there will be a written response back to the person. But this is often not needed.

After you write me a letter, it is important that you then either burn or mail it so that your consciousness releases it and opens up more to the assistance of the Mystical Traveler. You may receive a response inwardly about what you have written, often within minutes or hours of mailing or burning your letter. I will respond physically if that is needed, but more often than not, the response comes inwardly (spiritually) rather than physically. So look for it there.

Briefly, this is how it works: writing me (or John Morton) is a way of bringing the Light into a situation and asking for the Traveler's assistance, and that happens when you write your letters. The Traveler receives the message and hears your prayers as you write them out. Burning or mailing the letter completes your commitment to yourself and the changes you wish to bring about.

Q&A About Writing to the Traveler

Q: I want *you*, personally, to get my letter.

A: You think I don't get your letter? Maybe you think you are different from the thousands of people over the years who have mailed me a letter, and then what they wrote about changed—even before the letter got to the MSIA office, let alone to me physically. I get your letter when you write it. Then you can burn it or mail it. Actually, I'd rather you burn it. I don't need to read it physically, though sometimes there is an answer for you physically. But you should start looking for the answer inside you as soon as you burn your letter.

Don't do missionary *work. Just present the ideas to others and let them see the way you live your life. Demonstrate the consciousness of Light and Sound; then let them choose their own path. Let them use what works best for them. That is true service.*

Q: Can I share my letters to you and your answers back to me, or would this be like sharing my Discourse with someone else?

A: It's not like sharing Discourse information, and it's up to you if you share my letters to you with anyone else.

Sharing About MSIA with Others

This Movement is for those people who find it, and we do not proselytize. If people find us, fine. If not, equally fine. We do not focus on how many people are studying in the Church, and it is not required that MSIA participants bring in new people, but they may do that just by living the teachings.

My emphasis has never been on bringing in numbers, and the spread of MSIA is certainly not because I planned for it to go worldwide. I go where I am invited; if I am not invited, I stay home. It is as simple as that. I also know that I am not doing it myself

because I could not touch three people effectively, but the Holy Spirit can handle it all, and very effectively, too.

People in MSIA have to be careful not to look upon the path of MSIA as being better than any other path. The Traveler has been to many universes and to many realms and doesn't know of any wrong way to get to God. The way to God is the way that works.

Deciding how much you share with anyone about MSIA, or even if you share with them at all, is up to you to decide, and the first thing I would suggest is that you ask inwardly for the Light and for direction. You may hear to say nothing, and that is fine. When in doubt, don't do; in other words, you shut up. Or if you have doubt about whether to talk to someone, you could simply ask that person if they are interested in hearing about it. You can also say to them, "Look, if I get to the saturation point with you, just say so, okay?" Just be frank and open: "When you've heard enough, just say, 'Hey, that's it for now.'" It is amazing how they are likely to say, "That's all I want for now. I want to go think about it." If you do otherwise, you will probably be running your ego on them, and then you will start creating your own illusions and trying to shove it down their throat, and you will be creating karma for yourself.

If someone asks you about something that you have not yet experienced, you can just tell them that. If you have the information but not the experience, you can say, "I haven't had the experience yet, but here's the information." But the best approach is to talk from your own experience. I do not necessarily mean talking about your sacred inner experiences with the Traveler, but how studying in MSIA has influenced your life, your relationships, your sense of knowing yourself as a spiritual being. It is not important that you tell people about me, but it is important that you tell them about the Light, because the Light is what is important. And what is even more important is that you do not have to tell them; you can just

demonstrate it. When you do that, you may have people coming up to you and saying, “You’re changing; what is it?” and you can say, “I’m glad you asked,” and share your experience.

In MSIA we do have a lot of fun. If someone wants to join us, that’s fine. If they don’t, that’s fine, too. We just continue having a great time.

Do not try to force anything on people. You just lay it out there, and if they want to pick it up, fine. If they do not want to pick it up, fine. It will not matter. They will pick it up someday, and when that happens is up to them to decide, not you or me or anyone else.

Q&A About Sharing MSIA with Others

Q: I’ve been talking to a friend about MSIA and he asks me, “Why is it important to get to God if there are such good things in the world as having fun, women, beer, etc.?” What comment can I make to him?

A: Make no comment to him. I mean, he’s not ready for this. Wait until he gets old and ugly; then he’ll start looking for God.

He can’t do what you’re doing now because his karma stops him. So he rationalizes his behavior and yours, but he’s not telling you the truth. He doesn’t know how to get out, and there’s probably no way out for him at this time. So he needs just loving and caring. And I wouldn’t waste your time trying to convince him of anything spiritual. If he can’t see it coming through you, what you say won’t do anything. It’s called, just love him and don’t even talk about this.

Q&A About MSIA and Money

Q: Why should we have to pay for spiritual things?

A: You can't pay for spiritual things; you don't have enough money. You are paying for *material* things. The Discourses, SATs, other tapes, books, etc., are physical things dealing with spiritual subjects. They only become spiritual when you get that information from them that spiritualizes you. The people who print our books and Discourses, the people we buy the blank tapes from—they are not giving these things to us for free. We have to pay for them. You can't possibly buy the information in them, but it's yours to use. It's free to you because I give it to you freely.

The core services of MSIA are the Traveler's teachings that are in the Discourses (and SATs) and initiation into the Sound Current of God. With these two things, a person has all they need to do Soul Transcendence. If a person cannot afford Discourses, they can make an arrangement with the MSIA office that is tailored to their financial situation, and there is no charge at all for initiation.

All the rest of the services offered by MSIA are "gravy," a blessing to many, many people, yet not essential for a person's path through the Mystical Traveler Consciousness into God. The money from Discourses and events goes to support the costs of running the Church, such as printing, shipping, property expenses, salaries, and so on. And MSIA is mostly a volunteer-run organization.

Q: I can't afford to go to many MSIA events and retreats, and I feel bad that I am somehow missing out.

A: For Soul Transcendence, all you need to do is study with the Traveler by reading Soul Awareness Discourses (or listening to Soul Awareness Tapes/CDs if you have finished the twelve years of Discourses). You are also asked to do s.e.'s—and that's for *you*, so you can know and have the experience of the Traveler's work with you. So you don't need to go to any seminars, classes, or retreats at all. Most people studying in MSIA get it in the Spirit anyway, even if they aren't at the event physically.

Q: Would you call MSIA successful?

A: There are at least two ways an organization can be successful. One is in the world, and that would be measured partially by financial success. Without money, an organization doesn't exist, so finances have to be considered. But if the Church is a financial success and a spiritual failure, it has failed in my way of looking at it, and I wouldn't hesitate to stop participating in it immediately because if the Spirit is not present first and foremost, then there is no reason for me to be involved in it.

Q: I sent you, personally, a check after an initiation, and I wondered what you did with it.

A: All the money from spiritual work that comes to me in my name is automatically transferred to the Church because I'm on a vow of poverty. I trust to the Holy Spirit to handle my needs, and they have always been handled.

Q: So, you don't receive any salary for the work you do?

A: No, I only receive personal satisfaction and my own love that is taking place. Believe me, that's ample. The time that I put into all of this, the hours that it has taken, if I were to get paid for that out of the world, I could make a tremendous amount of money for myself. No amount of money can pay for this. This is a devotion of life.

Q: If you walked away from the Church tomorrow, what would be yours to take with you?

A: I would probably go nude. I own nothing.

Q: Why did you take a vow of poverty?

A: I do not care to own property or have personal possessions because I felt this would tend to corrupt the teachings that I was presenting because then I would be too concerned about the materiality. I did not want to look at people coming to me in terms of their bringing money to me, like one person represents $10 and another represents $100. I wanted them to come to me in terms of who they are, their openness. I wanted them to know I was after

nothing because they couldn't give me anything in terms of materiality, but we could share the loving brotherhood and fellowship.

The love we teach in MSIA is the love of understanding, acceptance, and support. It's the love that says, "Whatever you do is fine. I'll assist you, and I'll lift you." It's a peaceful, easy-going, flowing love.

The Ministry in MSIA

After studying in MSIA for two years, a person may apply for ordination, and many people studying in MSIA are also ministers. Ministers are ordained to minister to all, regardless of race, creed, color, situation, circumstance, or environment. The ministry is primarily spiritual, and the focus of the ministry is on service—to God, others, and self. Each minister determines what form his or her ministry takes, and ministers often participate in a variety of individual and group service projects.

When a person is ordained, he or she receives a blessing from Spirit, which gives both support and a direction for them in their ministry. The MSIA ministry is administered by spiritual authority in order to further God's work in the world. Through this authority, ministers ordained in MSIA are connected to a powerful flow of energy to be used in service for the highest good of all concerned.

For more information, contact Ministerial Services in Action at the MSIA address.

Peace Theological Seminary and College of Philosophy

Peace Theological Seminary and College of Philosophy (PTS) is a private, nondenominational seminary and college that was founded

in 1977 and that provides educational opportunities that support students in becoming more aware of the Divine in themselves. PTS presents the spiritual teachings of MSIA to MSIA students and to the general public through classes, workshops, retreats, correspondence courses, and Internet online classes. In addition, PTS offers two advanced degrees: a Master of Spiritual Science and a Doctorate in Spiritual Science.

PTS is probably going to become one of the better-known theological seminaries and colleges of philosophy in the United States, if not the world. This is because we are doing and teaching a wisdom and a way to access it and to move through consciousness.

The seminary is located in Los Angeles, California, in a building called Prana, which also houses the MSIA offices. Prana is a focal point of energy for people in MSIA, and the spiritual energy built there through spiritual exercises becomes available to everyone in the world. MSIA students can apply to live at Prana to study the Traveler's teachings and to be deeply involved in service to the Church and Seminary.

For more information on PTS or Prana, you can contact the MSIA office or visit the website at www.pts.org.

MSIA Services

Here is a brief description of the services that MSIA offers. For more information, you can contact the MSIA office.

Aura Balances

Aura balances are done in person by people specifically trained to do them, and they are a technique for clearing the aura (or energy field) that surrounds your physical body. In MSIA we offer a series of three aura balances: the first works in the physical aura; the second, in the emotional aura; the third, in the mental/spiritual aura. Each aura balance helps to clear imbalances in the aura and to strengthen the consciousness so it can better handle everyday stress,

tension, and emotional changes. Aura balances can also help bring the mind, body, and emotions into a greater creative flow. A balanced aura can assist you in having a more accurate perception of yourself and the world and being more available to the presence of Spirit in your life.

Innerphasings

Because of conditioned learning and habitual patterns, we often experience unnecessary conflicts and restrictions to living successfully in the world. These blocks may be conscious but most often are stored in our unconscious levels, and they can be very challenging to surface and resolve. Innerphasing is a technique of aligning the many levels of our consciousness so that we can live in "one accord" within ourselves. In an innerphasing, you provide a list of the qualities you would like to have more of, and these are incorporated into a meditation, which is recorded on a tape for you to listen to. (Innerphasings are done by people specifically trained to do them and may be done in person or through the mail.) The spiritual energy of the Traveler works with you through the meditation and assists you in letting go of the things you no longer need and stepping into greater awareness of the grace that awaits you.

Polarity Balances

Like aura balances, polarity balances are done only in person, and they are done by people specifically trained to do them. In a polarity balance, the energies of your body are brought into greater balance, and the flow of energy within your body is enhanced. Energy blocks in your body can be created by many different things —anything from sitting improperly to thinking negatively. The effects of releasing these blocks can include more energy, lightness (as though a weight had been lifted), greater attunement to your body, and a greater ability to function physically in the world. Working with the Light, the balancer uses his or her hands to hold

certain centers of the body. With one hand as the negative polarity and the other as the positive polarity, a circuit of Light is created, and Light energy is circled through these centers until each is balanced.

Baptism in MSIA

Baptism in MSIA is a ceremony of full immersion that is done primarily for the basic self. It is a cleansing, releasing, and purifying of the person's levels of consciousness. It is a way of symbolically dying and being reborn again—dying to the "sin" in our lives and being reborn to the Spirit in our lives. Through baptism in MSIA, a guardian angel is also placed with the person to assist in their progression of spiritual awareness. (There is more information on baptism in the booklet that is given to each person to read before being baptized.) Baptism is a very personal communion between each person and his or her Soul, Spirit, and the Lord.

To be baptized in MSIA, an adult needs to be studying in MSIA and be reading Discourse 7 or higher. Baptism may be performed on children eight years of age or older if the child requests it and if the parent studying Discourses gives his or her permission.

For more information about baptism and an application form, contact the MSIA office.

The New Day Herald

The New Day Herald is MSIA's bimonthly newspaper. It includes articles by John Morton and me, news of MSIA communities around the world, and a list of MSIA and PTS events in various places where the MSIA staff travels. A *New Day Herald* subscription is free when you subscribe to the Soul Awareness Discourses, and you can contact the MSIA office to subscribe otherwise. You can visit the website www.ndh.org for the *New Day Herald* online, and by

subscribing to eNDH, you receive timely news delivered to your e-mail address.

Other Organizations

Besides MSIA and PTS, I have founded other organizations:

The University of Santa Monica offers graduate programs in Spiritual Psychology and Counseling Psychology through Soul-Centered education. *Insight Seminars* presents workshops and seminars that promote loving as a practical reality. *The Institute for Individual and World Peace* studies and promotes peace through workshops, seminars, and special events. *The Heartfelt Foundation* is dedicated to service to individuals, families, and communities. The MSIA office can give you contact information for any of them.

MSIA Online

There are a number of websites at which you can find information, articles, and inspiration relating to MSIA, PTS, and other organizations:

www.msia.org: The basic site for extensive information about MSIA. Read about upcoming events and register online on a secure server. Add a name to the Prayer List. Order books, tapes, and other products on a secure server. Watch “Moments of Peace” from around the world with John-Roger and John Morton.

www.ndh.org: For the latest news and photos from around the world, articles by John-Roger and John Morton, and features about other organizations founded by John-Roger. You can also subscribe to eNDH for current news emailed directly to you.

Use everything in the world—all the prayers, all the books, all the Discourses, all the seminars, everything—to reflect the Spirit inside of you. Use everything as a reflection to show you the glory of your spirit and God's glory.

www.johnroger.org: An overview of John-Roger's work, a listing of some of his books, information about John-Roger on cable TV, articles, and more.

www.pts.org: For information about PTS, online and e-mail classes, and to register for PTS events on a secure server.

www.tithing.org: Information about tithing and seeding, to request a free copy of *God Is Your Partner*, and to make a seeding or tithing donation on a secure server.

www.spiritualwarrior.org: Read excerpts from *Spiritual Warrior: The Art of Spiritual Living* and download a free Spiritual Warrior 15-Day Journal.

www.forgive.org: Read excerpts from *Forgiveness: The Key to the Kingdom*, share your story about forgiveness in your life.

www.lovingeachday.org: Read quotes from *Loving Each Day*, subscribe to the "Loving Each Day" e-mail and receive a free inspirational message from J-R or John Morton daily, send an e-mail postcard with a Loving Each Day quote to friends and family.

www.theblessings.org: Read a chapter from John Morton's book *The Blessings Already Are*, listen to a Blessing by John Morton.

www.heartfelt.org: Information about the Heartfelt Foundation and the service work it does, including ways you or your business can participate.

For More Information

For an explanation of personal-use
and public-use MSIA materials, please see page 385.

"Discourses and the Value of Introspection" (Personal-use audio seminar #7234). How to ask yourself the really important questions of life and, also, how to use your Soul Awareness Discourses more effectively.

"Beyond the Shadow of a Doubt" (Personal-use audio seminar #1476) and "Doubt: Double Bind in a Double Mind" (Personal-use audio seminar #7028). Great information about using doubt for you and your journey on your spiritual path.

"Introduction to MSIA" (Personal-use audio seminar #7023). An overview of some of the basic spiritual teachings of MSIA.

"Which Voice Do You Follow?" (SAT #7082). Distinguishing among the voices heard inside.

Seeking the Light by James R. Lewis (Hardbound book, ISBN: 978-0-914829-59-1). A scholarly study of MSIA's roots, history, leaders, and followers—current and past.

Ministers seminars. If you are an ordained minister in MSIA, you may get CDs of many of the Ministers Meetings held by John-Roger. Informative and inspiring.

CHAPTER 13

Dreams

The dream state, the night travel on the Spirit side, is a learning experience, a progression of your consciousness into the higher levels of Light. Your freedom lies in the Soul consciousness. Through the dream process, you can learn to recognize and bypass the illusions of the lower levels.

Overview

Dreaming takes place within a person's own levels of consciousness, the lower levels, the inner realms, the "worlds without end." For the most part, what we call the *night travel* takes place on the spiritual levels and is that part of sleep-state activity that can be used towards Soul Transcendence. Put another way, dreams are what we want to learn to go *through* to get to the higher levels of spiritual awareness, and we do not want to keep the focus on the dreaming itself. (See chapter 7, Soul Transcendence: The Work of the Mystical Traveler, for some more information on how the Traveler can work with you in the sleep state.)

Many people write to me and ask what a certain dream means, and I rarely have feedback for them because dreams are best interpreted by the dreamer— that is, by you if it is your dream. Eighty-five percent of the time, you, yourself, are every person in your dreams. It also is helpful to remember that dreams can have a number of different functions: they can be a releasing of the tensions and concerns of the day, a clearing of karma from this life and other existences, learning in one of the spiritual schools, being trained by the Traveler towards Soul Transcendence, an initiation, and so on. In addition, dreams are often symbolic rather than literal,

and they may involve a number of different levels, which can be all jumbled together in what seems like one dream. You can also have one experience and bring back parts of it in several different dreams, spread out over several days.

The astral realm may be heavily laden emotionally because it is so close to the earth. It is also the realm of the imagination, so when you are working on the astral, you may have tremendously imaginative dreams. When you get into the causal realm, you often find that your dreams are highly emotional and that the karma involved is also highly emotional. The dreams of the mental realm will reflect the mental aspect of consciousness, and, for example, you may dream that you are attending classes and learning many things. You may not remember the dreams of the etheric realm at all, since they relate to the unconscious, but if you do, they will be more like impressions, not like clear images.

For the most part, your imagination and your emotions are used to work out karma. In the dream state, you often create illusion fields around yourself that will seem very real to you and that will provide the framework through which you work out your karma. You may not be aware that it has been created through illusion, and you can frighten yourself with what you have created. Many of the fears that you create during the day become reality on the astral realm. Most all of your nightmares are probably just you meeting up with those “monsters” you have created. It is illusion. The instant you shift your focus and deny their existence, they are gone. Part of your training during the night travel is learning to discern reality from illusion. When you have perceived and confronted illusion, you will find that only the Soul is left, and you will be home free.

As you travel into the higher realms during the night travel, you strengthen your Soul awareness. You strengthen the positive qualities within your consciousness, which makes it easier to maintain those positive qualities in your day-today life here on the physical level.

A good way to start understanding your dreams more is to keep a journal of them, in which you briefly write down what you dream. Often, you can look back a month or two later and understand more about your dreams and the symbolism in them. Before you go to bed, you can also put into the Light for the highest good that you remember and understand your dreams and that any information you need to know will come in ways that you will understand consciously. And it is always a good idea to ask that the Traveler be with you during the dream state.

Karma can be cleared in dreams without your having to know consciously what was going on or what the karma was; it can be very depressing, and once the karma is cleared, there is not a lot of use in looking at it. In fact, looking at and analyzing it can reactivate the karma that was cleared. That is another reason why I generally do not comment on people's dreams: if karma has been cleared during the dream, there is no sense going back into the dream and possibly bringing the karma back.

If you are working with the Traveler, you can rest assured that the Traveler is helping you release and balance karma in the dream state. This karma can be from past lives in a physical existence as well as a nonphysical existence. It can be from an existence on this planet or in another universe. It can be from a previous existence of your basic self, conscious self, or high self. The possibilities are so vast that there is not much value in going into them.

In one night out of the body, you can be taught something that could take many years to assimilate here on the physical level. In MSIA, throughout every night, the teaching goes on because we have to clear up a lot of things in your consciousness —reroute, reprogram, realign, restructure the nervous system, and so forth. There is a tremendous amount of work to be done to prepare you to receive of the Spirit in the intensity that will allow you to move away from the physical realm and reach into the higher realms.

We can also have in our consciousness things that we have not done but that we have read about, seen (directly or on television or in movies), or heard talked about. The consciousness may take this in and record it as its own first-hand experience, but it is really not. These things may come up to be cleared, and it is possible that they can be cleared through dreams. In the end, it does not matter where the content of your dreams comes from; what matters is that the Traveler is helping you clear things. And loving yourself and having gratitude for the whole process make the clearing easier.

It is a good idea to take a few minutes before going to sleep and ask for the Light to be with and protect you throughout the night. You can also tell yourself that if you see anything negative (whether it has to do with you personally, situations in the world, or whatever), you will immediately, in your dreams, ask for the Light for protection and will use that Light to disperse any negativity. And if you are an initiate, you can know that nothing can harm you on those spiritual levels because the Traveler is with you.

If you wake up from a bad dream, there are several things you can do to clear any feelings that seem to hang on: chant your initiatory tone, the Hu, or the Ani-Hu, surround yourself with the Light, and ask for the Mystical Traveler to help you release the dream experience. You can keep some water by your bed and drink a little of it to break the intensity of the dream experience and to help you come back into the body. Exercise can also break out-of-balance feelings from bad dreams.

You can also chant the “E” tone to help bring you back into physical focus. To do this, you say out loud a long, drawn-out “eeeeeee,” starting with a low tone (as if at the feet), sliding up to a high tone (a little above the head), and then sliding back down to a low tone (back to the feet again). That will help to bring you back solidly into the physical level—and you may need to do it a number of times until you feel “all here.”

Q&A About Dreams

Q: I have been very bothered by bad dreams for many years. When I ask for the Light and Traveler for protection while I sleep, is that all I need to do, or should I do something more specific?

A: If that does it for you, then that does it for you, and your intention is very important. If it helps you, you could also spend a few moments visualizing this protection: You can place yourself in a great, tall column of Light. See it going up into the heavens, really high, and see it anchoring deep into the earth below you. You can see it surrounding you and know that no negative forces can come through the power of the Light. Ask that it hold throughout the night. You can also see the Traveler or "warrior angels" working with the Traveler standing at the periphery of the Light column to protect you. You can realize their strength of purpose in protecting you.

Also realize your own strength, as a being of Light and a child of God, perhaps an initiate of the Traveler and a minister of Light. Call upon all the strength that you are to neutralize any negative attacks that you may have experienced in the past. Make them something that was happening before only because you did not recognize your own consciousness of God and your own strength, but now that you do, these attacks are no longer allowable. In the face of that strength, they may simply have no power anymore. Most of their power is the power that you have given to them over the years. If you do not give it anymore, it may not be able to sustain itself.

If you're smart, if you're wise, and if you're spiritual, the karma that you create, you disperse by the end of the night. If you take a negative thought over to the next morning, you are on the way to building more karma. This is why we say, don't go to bed with things hanging on your head. So, if you have to, get up and write them on a piece of paper and burn it.

Q: How can I discern the Traveler in my dreams?

A: There are several ways to do this. First, there is usually a special loving feeling that is present. Also, the Traveler will usually give you information in an uplifting way and will be very supportive and loving. The Traveler will not tell you anything inwardly or in a dream that he wouldn't tell you on the physical level, so you can always check out the information against what is in the Discourses and the MSIA tapes and books.

Another way to know if it is the Traveler is that he will generally (but not always) come to you from your right side or from directly in front of you. If a form looking like me or John Morton comes from the left, it could be from the negative forces, so it's best to "challenge" this form. You can do that by chanting your initiatory tone or the Hu. If it is of the negative power, it cannot stay in the presence of the tone. You can also ask it directly if it is of the Traveler; if it does not reply that it is, it is not the Traveler.

Q: If I am not remembering what's happened during the sleep state, is just as much taking place?

A: Yes. Look at it this way: you're not aware of what's happening on 42nd Street and Broadway in New York, but there is still a lot going on there.

In addition, what I said with regards to s.e.'s also applies here: not all occurrences of "the Traveler" from the right or from straight ahead are the Traveler, and not all occurrences of "the Traveler" from the left are *not* the Traveler. The Traveler has to do it the way the person lets him. The loving presence, often accompanied by such feelings as peace, joy, love, etc., is the hallmark of the Traveler's presence in s.e.'s or a dream—or anywhere, for that matter.

Q: I would like to maintain awareness while I sleep. Is this a stage that students on the path of Soul Transcendence are led towards or likely to experience increasingly?

A: We have multidimensional consciousness, that is, consciousness on many levels: physical, astral, causal, mental, etheric, Soul, and above Soul. This multidimensional consciousness also includes the sleep state/night travel. How aware you are of your multidimensionality has a lot to do with your intention to have it.

Q: I once asked you about a dream I had, and you said it came out of my own levels of consciousness. What does that mean?

A: It was your own creation and did not have a reality separate from your own levels of consciousness.

You can dissolve karmic things at night before you go to bed by looking upon the day's occurrences as being stepping-stones towards God consciousness. Every night, within the divine love of your beingness, thank God for all the experiences of your day. And when you wake up in the morning, realize that "this is the day God has created, and all good things are coming my way. This is the day that the God inside of me recognizes the God in all creation. I will function out of God consciousness today."

Q: How does it work when we clear karma in the dream state?

A: Your past experiences that have not been balanced—in other words, your karma—are mocked up in the dream state so they can be released. For example, you may wake up one morning and say, "You know, last night, I think I fought and sparred all night long." Not only were you in Sparta, you got stuck right in the stomach. But the guy who stuck you was mocked up in the dream state, and you forgave him. You released all feeling towards that, and now that one is finished.

For More Information

For an explanation of personal-use and public-use MSIA materials, please see page 385.

Dream Voyages (Paperbound book, ISBN: 978-0-914829-31-7). A comprehensive explanation of dreaming, including precognitive dreaming, interpreting your dreams, dreams on the various levels, and dreaming as it relates to Soul Transcendence.

“Learning to Bypass the Dream Masters” (Personaluse audio seminar #7507; personal-use video seminar #V-7507). More useful information on dreaming.

CHAPTER 14

Death

There is one thing in this life that we are all going to do—it is guaranteed—and that is, our physical bodies will die. But who we are never dies, and that is the Soul.

Overview

People studying in MSIA are, in a way, rehearsing for death. By becoming more aware of other levels during spiritual exercises, you can realize that you are more than just your body, emotions, and mind. You can find out that there is a great deal more to you than your everyday concerns and worries, more than your hopes, dreams, and relationships on this level. You can have experiences of the spiritual levels, of the inexpressible love and joy there, and you can realize that you actually *are* this love and joy.

Take the opportunity now to become familiar with the higher levels so that when you die to this physical level, you will be familiar with the next level and able to lift into it and live there.

When you are inside, doing spiritual exercises, you are chanting a tone that deals directly with the Spirit. Meditation often is just being very quiet and seeing what appears, and it can be very valuable for getting information for this world. But what we teach in MSIA is not just for *this* world; instead, we are teaching about the *next* world so that you can know about it before you die. Once you find the next world and you see how it fits in relation to this world, you can move

between the two worlds faster than you can snap your fingers. So, when the body dies here, there is no fear because you know *you* do not die and you know exactly where your Soul is going when you leave this planet. Most people in religions, metaphysical studies, meditation, and so on, do not know, so they live their life in fear of dying, instead of living their life in the joy of living, and when they come to die, they feel as if they cheated themselves in the world because they did not really live.

In MSIA, we teach you how to be aware that you Soul travel so that when you are ready to leave the body, you will just stand out of the body and dissolve it. You will dissolve all the energy so there will be no link, and you will pull your initiation tones out of your body so there will be nothing that can tap back into it. So when you are ready to go, it will be like flipping a fish out of the water, and you are flipped up very quickly.

Some people are afraid to die because they don't know what the next step will be. It's loving. When you die, you go straight to loving.

Once a person has experienced Soul travel and the other levels in a deep way, "death" takes on a different meaning for them, and it is seen not as something final in the ultimate sense but as a moving on to what is next for them. They realize that they existed before they were born into this level and that they will continue to exist after they die from this level.

Until you have that experience, you may have some fear of dying. This is because most of us have died physically many times, and it often has been in a state of unawareness and, therefore, fear. When you have a fear of death, part of what you are dealing with are your past deaths where you lacked the understanding of the spiritual levels and, consequently, feared physical death. The antidote is to love it all, including the fear, and to do spiritual exercises to become

more aware of yourself as multidimensional and as one who has always lived and will always live, one who never dies.

Q&A About Death

Q: What is MSIA's view of death?

A: While we may grieve for the loss of a friend or loved one because they will no longer be in our lives physically, we also need to remember that no one passes from this life unless the higher self and Soul of the person agree to their leaving at that time. So while a person's physical death may sometimes seem to have extreme circumstances on the outside, we need to remember the inner spiritual truth of the matter, which is that the person is really an eternal Soul. So even in our mourning, we also have a knowing that the person has completed this life and is moving on with the next steps in their spiritual progression.

Q: If death is nothing to be feared, why not die now?

A: The Travelers teach longevity to clear as much karma as possible. It's wise to stay here on the physical level as long as possible because the last while prior to leaving is a great time to finish off huge amounts of residual earth-karmas.

Q: My friend's little six-month-old baby died, and I wonder why someone would die so early.

A: No one dies without the agreement of their Soul and their high self, which holds the master plan for the individual. So no one dies "before their time," just as no one's life is prolonged beyond when they have agreed to be here.

As an example of how this can work, say that a person embodies under an agreement to be here eighty years; that is their "prime path." Then if the person takes an "alternate" path, they may leave when they are seventy years old. When that person drops the body (dies physically), they may come back a day later, pick up another

form, have the same basic self and high self, live ten years, and then go. That person has just finished up the first plan that they had contracted.

Q: Are there times where a person might die but doesn't?

A: Throughout a lifetime, people have a number of opportunities when they can leave, and a person (actually, the Soul and high self) has a choice to live or die at those points. Ultimately, there is a point where a person's life will terminate, regardless of earlier choices they have made.

If the Soul has reached a certain level of consciousness, it will come in contact with the Mystical Traveler. At that point, the person's life plan may be altered according to the Mystical Traveler Consciousness, and this can sometimes include a person's time of dying; it may not, but it can happen.

Q: Do you believe in physical immortality?

A: Sometime in the future when we have all evolved much more, physical immortality may happen, but not as we think of it today. I don't teach physical immortality. I teach the immortality of the divine Soul and that this planet of physical life is a way-station back to God, a place to gain experiences before moving on.

The Angel of Liberation

There is an angel of death, but that is not how he is known in the Spirit world. He is the angel of liberation. He is the angel of freedom, the angel of expanding consciousness, the angel of greater and greater opportunity. And you have to pass the test: you walk up to him, with all your diamonds, rubies, jewels, Cadillacs, and fur coats, and he sends you straight on down the left side into "hell." Those who are smart start throwing their stuff away before they get there. But he can still see that they are attached to it, so they get to reincarnate; in other words, they go back on Earth.

In some churches, a person has to be married in their temple and pay all their dues to the church in order to be saved into the Kingdom of Heaven, but there is no principle in religion that states that. A person cannot buy their way into the Kingdom of Heaven by materiality. They *can* "buy" their way into heaven by their spirituality, but they cannot just say, "Oh, I'm spiritual." They cannot fool the angel of the Lord who comes to liberate them. The angel looks at them and says, "Well, I see what you think you've done. You get to go over here, where Traveler people go." Then the Lord of the realm may look at the person and say, "No, you just B.S.'ed everybody. You were deceitful and you lied, and we can see it still in your spirit. You incarnate back."

The person might say, "But I'm an initiate of the Traveler," and the answer is, "No, you were *initiated*, but you were never an *initiate*, because an initiate does these things—the spiritual exercises. Initiated is just initiated."

I can initiate a dog or a rabbit or a monkey. You have to understand that there is a different calling placed upon people who are initiated and who also become initiates. They are the ones who live this whole idea. In MSIA, we come forward with initiations into the Sound Current, the method that God Himself set up. It goes back into other universes, and it is as powerful now as the day that it was spoken.

A lot of you have been aware of people in the Movement who have been very, very sick and in the hospital, and they look like they are getting ready to make their transition. Our ministers have been going to see our friends, praying and doing prayer communion. The person always perks right up, comes alive, and is vital, and the visitors say, "This person isn't close to dying." But nobody is there twenty-four hours a day, so we do not get to see the time where it hurts. Very few of us get to see the time when somebody hurts.

If you've been practicing going in and out of your body consciousness, at the time you come to transcend the physical body, the Soul tone is called and you just lift up in it. The body simply lies there and you're on your way. You are free from the bondage and restriction of the lower world.

Imagine that you are sick in your body and that one more breath is excruciatingly painful. You hope that you do not have to take it, but you are afraid that if you don't, you will die. But if you do take it, it will be so painful that you will wish you would die. What a dilemma. Then in comes the angel of liberation and life (who has been called the angel of death), and that angel says, "I'll take all that from you now." All the pain leaves, and you are filled with the warmth of something wonderful. It is like juices of electricity moving in your body, and you are filling up. You feel free, you feel great, you feel wonderful. You look down and ask, "What's that there on the bed?"

The angel says, "That was your body," and you think, "God! Who would live in that?" That is like looking down and watching a bear pull a log apart. There are these grubs running around, and the bear picks them up and eats them with relish. Most of us would say, "Oh, God, not me."

So here comes the angel of life and life eternal and life everlasting. When you—as an initiate—are freed by the angel of life, you are moved over into the Sound Current. The Sound Current is all-pervasive, and you can also be in it more directly. It is like this: the air in this room is all-pervasive, but if you want to smell the roses, they are right here, and so you have to get in the area where you can smell them; then you are drawn in. It is like that with the Sound Current, and all you have to do is just listen. You can hear it, follow it, and go into the spheres of heavenly glory. It is wonderful to see people who are doing this while they are alive—doing s.e.'s and having experiences of that heavenly glory.

People say, "Can I find enlightenment on this path?" and I tell them, "Yes, absolutely. I can guarantee you enlightenment. If you

will follow these principles of initiation and Soul Transcendence, you will get it."

They ask, "Does that mean I will get to know anything I want to know?" No, it does not mean that. It means you will have wisdom. Enlightenment is wisdom. It is not the ability to peek your nose into other people's business. That is messing with their karma. You do not get that, not at all.

"Well, then," they ask, "how do I get enlightenment?" You start walking and talking as an enlightened being. The principles have been placed with you, and you can see them, and as you start to do it, the karma drops off.

You might wonder if enlightened people die right away. No, they generally live a rather long time. Why? Because they are keeping themselves out of the areas that are poison or toxic to their nature, and they are bringing themselves and their behaviors in line with where they are going spiritually. But some people still say, "Can't I have marijuana once in a while?" Sure, you can have it all day long if you want it. I will not do it, and I am not going to be doing it with you or hanging around if you do it. Why? I understand the effects of second-hand smoke. (See chapter 22, Health, for more on drugs.)

In MSIA, we are getting you to know that there are different levels of consciousness. I have talked about them for decades, and people are writing me and saying, "You know, you're right. Thirty years ago, you said …" I knew it was right when I said it. I also knew that one day you would know that it was right when *you* said it, and I have a lot of patience for you to know it and say it in your own time.

We are all going to meet in the same plateau of consciousness at some point. When you are there, you are going to realize that the angel of life delivered you there, and you are going to be thankful for that. If you are going to do that *then*, you might as well start doing it now.

When an initiate into the Sound Current experiences death from the physical level, it's more of an awakening to the greater awareness of Spirit. The connecting link to the Traveler remains solid; progression continues on from where the initiate left off.

Q&A About the Angel of Death

Q: Does the angel of death meet everyone on the planet?

A: Yes, but not everyone will have the wit to open their eyes when they die because they may not be trained to do this. They may figure, "Oh, I'm dead, so I close my eyes, I don't open them," and they may stay like that for a long time. In MSIA, we teach you how to open your spiritual eyes so that when you die from this level, you will see where you are going.

Q: Does the angel of death care how a person dies?

A: No. If you want to die of a pox, your skin falling off, your head falling off, a heart attack, cancers, or because you over-stuff and get bloated and blow up, the angel of death simply doesn't care. All it cares about is that you die and that you and he are going. If you were to ask the angel of death, "What did I die from?" he would probably say something like, "Oh, I don't know. There were about five thousand who went that day. Let's go." He doesn't look back because that is not his job to know why and what you died from. That you die is his job.

Q: Is there any relationship between St. Peter and the angel of death?

A: The angel of death, called Yama, is St. Peter (this is not the Peter described in the Bible), and if you were to see him physically, he would appear to be fifteen to twenty miles high.

When initiates of the Traveler die, they go through the etheric void into the Soul realm, where Yama cannot go. If Kal (the Lord of all the negative realms) gets one of the initiates, the Traveler will come and get that Soul and, in the process, will release every other Soul in Kal's domain. Kal does not want that to occur, so he leaves

the Traveler's initiates alone. Kal tried this a while back, and one entire section of the lower astral world was released from bondage because Kal had gone after someone very high in Spirit with the Traveler. The Traveler just went over and got that Soul. Kal protested to the Lord of the Soul realm, who told Kal that he knew better than to bother with an initiate.

Q&A About Death and Initiation

Q: In terms of death, is there any value in studying towards initiation in MSIA or being an initiate of the Traveler?

A. Yes, indeed. When a person has written to the Traveler that they are studying towards initiation, there is a connection with the Traveler such that at the time of physical death, the Traveler meets the person. The person has established a spiritual foundation with the Traveler, and the Soul can build on that in its future existences.

If a person has been initiated by the Traveler and maintains their initiation at the time of their physical transition, the person is assured of going to a level near their initiation level.

Q: Say that there is a Soul initiate who is a very good person and does a lot of s.e.'s, and there is also a Soul initiate who is a so-so person and doesn't do a lot of s.e.'s. When they die, do they go to the same place?

A: They go to the same place, and this is because an initiate is dependent on the Traveler Consciousness, not on their works on the earth plane. What a person does here on this physical level has little if anything to do with their spirituality, and s.e.'s are for becoming more aware of the spiritual levels.

It is important to practice finding and maintaining the levels of pure Spirit within you so that in that last instant, you can step free of the personal attachments of

this world and step into the freedom of the perfect self. Because you do not know which shall be your last breath, it is important to keep a focus on Spirit.

Q: How can I *know* that what you say is accurate?

A: You may never know this for sure until after you die physically. Death is the great revealer here, for you to know for certain.

Q: What should I, as an initiate, do when I am dying?

A: There is a story of a successful businessman who was dying, and all his five sons left the family business right away and came to his bedside to be with him in his last moments. The man was chanting the name of God, and just before he died, he opened his eyes and saw that all his sons were there. He asked, "Who's minding the store?"—and he died. He died with his focus here, on this level. It's much better to chant your initiation tone and keep your eyes on the Lord and on where you are going.

Q: I am an initiate. What will it be like when I die?

A: If you can bring to mind any inner experiences with the Traveler in which this world receded and you were aware of being in loving and peace, that is the beginning of what it is like to pass over. It is much more, but this can give you a sense of what it will be like, though what I described is like a black-and-white movie as compared to one in Technicolor.

Q: I am an initiate, but no matter what you tell me about death, I still feel afraid when I think of dying.

A: Part of what you are doing is clearing karma from deaths you have had in other existences, including those of your basic self. It's not wrong to feel afraid, and as much as possible, hold with the fear when it is upon you and just observe it. Ask for the Traveler and the Christ to help you move to the higher altitude where physical death can be seen almost as if you were to remove a suit of armor and move freely, lightly, and joyfully.

When you die, the Traveler will meet you at the moment of death and escort you into the spiritual levels. You will have the full protection of the mighty consciousness of the Mystical Traveler, and it will be a time of jubilation.

Q&A About the Dying Process

Q: What actually happens spiritually when a person dies?

A: When a person dies, they start to drop the different sheaths of energy: the physical sheath (physical body), the astral sheath, the causal sheath, the mental sheath, and the etheric sheath. The etheric sheath is the most difficult one to drop. Most people don't know how to unwind it and get it off them, and when they die, the etheric sheath actually wraps around the core of the Soul and holds the Soul in the earth-bound levels of the etheric realm and lower. This is generally what we would call a ghost that is walking around.

We have to get the etheric sheath unbound, so when an initiate is leaving the body at physical death, we unwind the etheric sheath first; then we take off the astral, the causal, and the mental sheaths. As soon as the mental sheath drops, because the etheric sheath is already unbound, you are right into the Soul.

You can't do this by yourself, but there are helpers on the other side that will show you, and it is much like learning to play the piano. How long and how often must you sit in front of a piano and play in order to play the "Minute Waltz"? Probably not just a minute, but a lot longer. And then if you want to play a lot of other selections, how much longer must you sit? And then how much longer still must you sit if you want to improvise jazz? A long time. An initiate spends a lot of time on the other side being taught by the Traveler and by spiritual beings working under the Traveler.

Being human is a terminal illness, and once you understand that, you can sacrifice the whole concept of death and start living. But you live into that part that will live —the love, the humbleness, and the truth that is eternally present. Then life blooms forth and is enhanced by the Lord's name, by calling on the sweetness of God's salvation.

Q: My father has about a month more to live. Do you have any suggestions for how I can help him?

A: You can ask him what he would like you to do, and then you can do it if it works for you. You can also send him the Light for the highest good. Do the best you can. He will be the only dad for this lifetime. Respect, love, and caring are the prescription for his care-taking before he passes over.

Q: My mother's health is getting more fragile, and I am doing what I can for her physically as well as completing with her and loving her as much as I can. Is there anything else I can do? I am not sure what to do to support her except to love her, listen to her needs, comfort her as much as possible, and surround her with Light.

A: Those are all wonderful to do. Also, although I understand your concern for her and wanting her to be comfortable and emotionally and mentally at ease, etc., you can realize as much as possible that who she really is, is a Soul having experiences that are not "bad" though they may look challenging for the physical body and personality. So, not only accept her but accept her situation as much as you can. And when you can't, forgive yourself for any judgments against yourself for not liking them or not being able to change them.

Q: The doctors say my mother is dying. I've heard you say that it's a good idea to complete with a person before that person passes over, but I don't know what that means.

A: You can think ahead to the time when your mother will have passed over. If anything comes to mind that you wish you would have said to her, then that's part of doing completion, or closure.

And the most important part of closure is that you express your loving for her in a way that *you* know you said it. She may not get it the way you think she should, but if you can know you have said it and that you have her in a loving place in your heart, that will probably do it.

Q: When my mother was dying, there came a time when I got that she wasn't in her body in the same way, and yet there was a part of her holding on. Is this possible?

A: It is often the basic self that holds on when most of the rest of the consciousness has left the body at the time of transition, as it is the basic self's job to maintain the body, and the basic self does that until the Soul and high self give the "okay" that it's time to go entirely.

Q: As she was in her last hours, I sat with her and did s.e.'s. Was this helpful?

A: Yes, your doing s.e.'s helped hold the spiritual focus during her transition. Having a Light bearer there at the time of transition can be helpful for a person making the transition, as they hold the focus of Spirit, loving, etc.

Q: I told my mother about her accomplishments and my appreciation of her, and I also told her that it was her time to let go. Was doing this helpful?

A: Telling her her accomplishments was part of helping her make her transition. Your mother was also on her own timeline for transition, as no one dies without the agreement of their high self and Soul. If a person feels they need to stay on this level for a loved one, hearing the loved one say that it is okay to go can be helpful to the person making their transition.

Q: I have memories of her or think of calling her, which causes me to miss her. Is there a way for me to grieve her loss without holding on to her in an attached manner?

A: Don’t worry about how you feel or being “too attached” to her. Just be honest about your grieving and missing her, as that can help you go through it. My mother passed into Spirit years ago, and I still miss her to this day.

Q: My father has already died, so I can’t do completion with him. Do you have any suggestions?

A: You can talk with him inside yourself, in what you could call your inner sanctuary, a place that is totally loving and protected. You would first call in the Light and perhaps ask for the Traveler and the Christ to be there with you. Then you would ask, for the highest good, that your father come into your sanctuary. You can then say anything to him that you would like, and you can also listen in case he has something to say to you. At the end, you can simply allow him to leave, surrounded by the Light for his highest good.

Q: My friend has AIDS and has told me that he wants to go.

A: What you resist, you are stuck with, so it would be better for him to let go of “wanting to go” and to just go neutral and observe the process of seeing the inner part of the Spirit world.

Q: The doctors told me that my friend could die in the next few hours. What can I tell her to do?

A: Tell her to focus above her head into her higher self. You can tell her this even if she is unconscious.

Q: When I die, I would love for you to be there with me physically.

A: I don’t go to a transition because the Soul of the person would stay near the body and watch me, instead of moving on into the higher spiritual realms. Anyway, I do my work spiritually, and I don’t need to be there physically.

Q&A About Working in a Hospice

Q: I'm a minister in MSIA and work in a hospice, and I have some questions about the work I do. Recently a patient asked me to give her last rites. Do we have any last rites in MSIA?

A: No, we don t. You can tell the person that there are no last rites in the church where you're a minister, but if she wants to release anything through forgiveness, you would be glad to pray with her. And if she wants more, you could see if there's another minister or priest who would assist with last rites.

We are all one. The essence is the essence. It is now and has always been eternally present. So you are never born and you never die.

Q: Is there anything about working with people who are actively dying that I should know, as a minister?

A: You are there to minister to the person in any way that is appropriate. Sometimes, it may involve touching (within the format that is permissible in the hospice program you work through). Other times, it may involve listening to whatever the person needs to say or praying with them. It may involve holding for the patient, which is essentially remembering that the person is a Soul having experiences through the physical body it is in at the present time. Above all, it involves loving, and that takes many forms. Pray to be attuned to the Spirit in all you do, and then follow that guidance.

Q: I have chanted my initiation tone silently with two patients who were semicomatose and in the final stages of dying. Both times, I found myself being quickly pulled into a very heavy, almost druglike sleep. The first time it happened, I let myself go with it. The second time, I didn't feel clear about this, so I pulled myself out of it and kept my eyes open. What

was happening? What would be best for me to do under those circumstances?

A: It sounds as if you might have moved into the patient's consciousness. If you chant in these situations, I'd suggest that you bring in the same sort of conscious awareness that you bring to s.e.'s: chant and remain aware. Also watch that you don't get emotionally involved with what is going on with the patient and that you don't feel as if you have to "do" something for the patient through your chanting. Your function as a minister is to hold the Light. Then allow the Light to do whatever it does. Sometimes you may see what that is; other times, you may not be aware of it. But let the Light do whatever is there to do.

Q: I've noticed that in the final stages of death, some patients talk in a way that some people would call nonsense. I think that it often makes sense and that some of what is going on is that they are clearing or finishing lots of loose ends or trying to resolve unfinished situations. Is this accurate?

A: It varies widely with each person. Sometimes it may be as you say. Other times, it may be the person verbalizing memories that come floating through, from this existence or past existences. Other times, it may be the person bringing back things from other dimensions—etc., etc., etc.

Q: How can I best facilitate the dying process for these people?

A: Love them and hold a focus of Light and love. Give them the dignity of their process, whatever that is or however it appears to you. Don't judge or try to change what is going on for the person, because the Soul is working perfectly through the person's physical body at that time.

Suicide

MSIA teaches life and living, and suicide violates the basic MSIA tenet of not hurting yourself. Generally, suicide is an avoidance of what is happening here in this world. It is a false escape, an attempt to get away from some lesson that is important to be learned or experienced. Of course, that lesson still needs to be learned or experienced even if a person commits suicide, so the Soul just gets to try it again at another time, often in situations that bring the lesson to them in a seemingly harder way.

The longer we are living on this physical realm, the more opportunity we give ourselves to clear and release karma and, therefore, lift ourselves higher. The Traveler teaches longevity in order to release as much karma as possible. If we cut that process short, we cut it short only in terms of this world now; we don't really cut it short at all. In an even larger sense, not one Soul will be lost and God loves all of Its creation. So, in time, the lessons will be learned, the Soul will return to God, and all will be well.

An initiate who commits suicide is in direct violation of the Mystical Traveler's teachings, and the person will disconnect his/her initiation by that type of action. It's a dumb approach to reincarnation. Yes, it can get harder at the end, but that is when the guts are needed. To give up at that point could be called a "dirty shame."

Q&A About Suicide

Q: A friend has talked to me about suicide, though I don't think he'll do anything more than just talk. I want to help him, but I'm not sure what to do.

A: If I were in your situation, I would highly recommend to the person that he see a psychologist or a licensed counselor or therapist who is trained in assisting people contemplating suicide. Even if you think your friend is "just talking" and probably won't do anything about it, it can be very helpful for him to have a neutral person to talk to and then give him feedback and techniques that may assist

him in working through these thoughts and whatever is going on for him that makes him even consider suicide. We can offer spiritual support in the way of prayer and sending the Light, and it's best if you encourage your friend to get professional help. We also recommend that you give the person the phone number for a suicide hotline and, if it seems appropriate, tell the person's family. If the suicide threat is serious and imminent, of course, it's best to call 911 and report it right away so that your friend can get immediate help.

Q: Is it possible to have contracted to commit suicide in one's life?

A: We choose possible life expressions *before* we incarnate. They are a very detailed, branching system of choices. Suicide could be one of the possibilities but probably not the highest one. Then *after* we incarnate, we choose among the possible lines of expression we have laid out for ourselves. Most people don't have a "contract" to do specific things in life. It's more complicated than that, and it always involves people making choices in their lives. With regard to suicide specifically, it usually interrupts the flow of a person's life and the working out of the things the person came into this life to do.

I'm attempting to get people to think about the death of their body, because if you start to think about it, you might start to think about it while it's alive and what it's here for. And listen, the physical body is the only means in the universe by which we can open the door into Divinity and transcend into God.

Q: Could suicide ever be a balancing of karma?

A: It's highly unlikely. Suicide usually creates more karma for a person.

Q: You say that no one dies without the agreement of his or her high self and Soul. What if the person tries to commit

suicide but it's not their time to die?

A: The person may have his stomach pumped out and come to with a terrible hangover, still alive. Or the person may be in a coma, but still alive.

Q: Do you include euthanasia when you talk about suicide, and does this apply to people who are extremely ill and suffering?

A: Euthanasia is not an approach we teach. The person may miss out on the great initiation at the end of this life. In addition, suicide, even legally permitted suicide, usually brings karma for the person committing suicide. The Travelers teach long life to clear as much karma as possible.

What to Do with MSIA Materials After Death

When a person in MSIA dies, this is what we suggest be done with their MSIA materials:

Destroy the following by burning or shredding:

1. Discourses (the binder and slip cases [the boxes] may be thrown away)
2. Initiation booklets
3. Ministerial Handbook (the plastic binder can be thrown away)
4. Soundings (initiates newsletter)
5. Ministerial Newsletter

Destroy by pulling out some of the tape and breaking it so the cassette can't be used; in the case of CDs, cut them in half with a pair of heavy scissors:

1. Personal-use MSIA audiotapes/CDs and personaluse MSIA videotapes (used by the person or used for seminars). If a spouse has shared these tapes or CDs, the spouse may continue to use them.
2. Soul Awareness Tape releases (tapes and CDs)
3. Initiates tapes/CDs
4. Ministers tapes/CDs

Open material: May be disposed of as the person or family chooses:

1. Books (other than Discourses)
2. Open/public MSIA audiotapes, videotapes, CDs
3. MSIA information such as introductory booklets, seminar leader handbook, anything not listed above as to be destroyed

Q&A About After Someone Dies

Q: As MSIA students, what should we do after someone dies?

A: Sometimes the family and friends may wish to have a memorial service of some kind where the person is remembered by those present. A service like this can be helpful as a way of bringing a sense of completion with a person who has passed over, but a memorial service or service of any kind is not required, nor does the person who died need to have a service or anything else done.

Q: Is it appropriate to seed for someone who has passed over?

A: Yes, this is a good idea, and it assists the Soul.

Q: I have heard that one has to wait three days to have someone cremated. Is there any spiritual reason for this, or can cremation be done right away?

There is no reason to be fearful of death. It is as constant a companion as birth. It is as normal as day and night. And even though it is a constant companion, you can choose to reside in life, which means that even in the moment of death, you still choose life. So although the body dies, the Spirit lifts into new life and new promise. The name of God is life and will disperse death.

A: As long as the person is dead, any time is fine.

Q: Are there any spiritual consequences to allowing an autopsy to take place?

A: No, it's spiritually clear either way (autopsy or no autopsy).

Q&A About What Happens After Death

Q: If someone is not an initiate, what happens when they die?

A: The person goes where they can take their next step in their spiritual progression. It varies tremendously with each person and the karma they have handled before or will need to handle in the future. Almost all the time, a noninitiate goes to the Halls of Rest after death. When physical death occurs, there is often a time of readjustment and reeducation to Spirit, particularly if the person was not consciously aware of and working with Spirit in the earthly life. In the Halls of Rest, there is time to become accustomed to Spirit, to gain the wisdom of the higher plan, and to rest and gain strength before further decisions are made about future experiences.

Some people also go first to the Halls of Memories (the Halls of Remembrance, or Dream Hall); this is essentially looking at what one has done and what one wants to do to finish any memories.

Q: When someone dies, does that person see the Souls of departed loved ones, or are they with the Souls of departed loved ones?

A: It varies with the individual. Often, when a person dies, they are met in the Spirit by someone they know. Souls are together after physical death depending on what is best for them in their next steps in their spiritual growth and experience. Some people who have been very close during a physical life do not need or even want to be with each other after death. It's not a bad thing, just what can go on in the Spirit worlds.

Q: My son died recently, and I want to know if he is all right.

A: You don't need to be overly concerned about him. It's always sad to lose a loved one, but he is also loved where he is.

Q: My mother died over a year ago, and I still feel sad that she's not here with me.

A: I really understand that. I miss my mother every day of my life, but it's not as hard for me now as it was just after she died. Give yourself whatever time you need to grieve for her. But don't worry about *her*. She is doing fine.

Q: Will I retain my individuality when I die?

A: You will retain the individuality of your Soul, and your personality things will drop off. Some echo of them may remain, but they are not who you are, so there is no need to hang on to them, just as you would not need to hang on to a heavy woolen coat if you always lived in Hawaii.

Q: Is the personality subject to "spiritual death" if it continues to take the paths of darkness, or do all personalities eventually evolve?

A: The personality dissolves like soapsuds after a person leaves an existence in the physical body. The personality doesn't have "spiritual death" because it does not have "spiritual life." It is a vehicle of learning for the Soul.

Individuality survives, if that is what you mean by personality. The positive aspects go to the Soul as learnings for the Soul. The

negative aspects are recycled, which means that they are placed within the basic-self repository and worked out through another basic self and high self if the previous conscious self has reached initiation to Soul level.

When you have established the familiarity with Spirit, it's an easy transition from this level to the next. At some point, you will just let this world go, and the physical reality will drop away from you. You'll realize your physical body is no longer present, and in the perfection of spiritual reality, it won't matter much to you whether you come back into this physical world or continue your path of evolvement on the other levels.

Q: When we have reached into a high consciousness—the Soul realm or above—what do we do? Do we sit around and play the harp? Do we go on for eternity?

A: What is eternity? How long is it? Eternity is consciousness. It is now, not from Time A to Time Z. That is a measurement, and in eternity we're not dealing in time. We are dealing in what is. It of Itself exists, and there are no other reference points.

You can be assigned many jobs after you die. It depends on your proclivities, because you still have an interest, but at the same time it is not like the personality-based interest you have here. For example, you might elect to go down into a lower realm (not necessarily the physical) and work in some of the temples there, assisting Souls who have died from, say, the astral into the causal, and to bring them into a fruition of their beingness on that level. You could work in another dimension, another universe. If you have elevated yourself in a certain way within a certain schooling pattern, you could just live within a section of the higher realms of Light where a lot of equally evolved Souls live. And, as I said in chapter 8, Initiation, all the Sound Current initiates are in training to be Mystical Travelers at some time on one planet or another.

Q: When are you transcending, leaving the planet?

A: I'm here until God says otherwise.

Q: How can I prepare for the time you are not here physically?

A: Go inside and create a living, moment-to-moment relationship with the Traveler, since that will continue after either you or I leave the physical body.

Q: Can you give me an encouraging word about death?

A: Yes, it's "et cetera." That means that you—the eternal Soul—go on and on and on.

Q&A About Animals and Their Death

Q: Do animals have Souls?

A: Generally speaking, humans have individualized Souls that are rather high up on the evolutionary scale. Animals, for the most part, have group auras. In other words, they are working in a mass consciousness of the species and are fulfilling their evolutionary progression in that way.

Q: Do humans and animals make agreements on a Soul level, as humans may do?

A: No. Animals don't come from the Soul level.

Q: My dog is very ill and beginning to suffer. Is it karmically all right for me to have him put to sleep, or is it best for his evolution if I don't do that?

A: It is clear to do this.

Q: What happens when an animal dies?

A: Animals are an expression of divine energy, bringing experiences to a Soul. Usually one Soul "oversees" a number of animals. When an animal dies, that form of divine energy goes into another form—sometimes another animal; occasionally, a basic self.

Animals who are pets of people working with the Traveler are getting a special kind of experience, and they have made a connection with the Traveler that will be carried forward in future existences.

For More Information

For an explanation of personal-use and public-use SIA materials, please see page 385.

"Holding for the Healing" (SAT #7634). About owning your disowned parts, death as the greatest initiation, and the best way to die.

"Living Through Dying" (Personal-use audio seminar #7057; English with Spanish translation). How to accept and live with physical death, from the higher perspective.

"The Form by Which We Grow" (Personal-use audio seminar #1480). About the process of dying and how the Spirit becomes stronger as a person prepares to leave the physical dimension.

"On Death and Dying" (Public audio seminar #1381). About being living love (and not living a "dead" life) and being spiritually present with the Lord at all times—during this life and after.

APPENDIX 1

Free-Form Writing

The unconscious is one of our most powerful influences because, by its very nature, we cannot be aware of its influence until it surfaces. We may find ourselves thinking, feeling, and doing things that we cannot explain or experiencing illness or pain with an unknown cause. The vastness of the unconscious is impossible to fully explore. It marks the division between our waking awareness and our true spiritual nature, and to become aware of our Soul, we have to cross that line into the unconscious. As we do so, we lose something of our daylight awareness. That is why so many people talk about their spiritual nature but so few are aware of it as a living experience.

For years, I have used free-form writing to help clear my unconscious. It is very simple to do. I have described below the way I approach it, a way I know works.

How to Do Free-Form Writing

1. Find a quiet place and sit down with a ballpoint pen and paper.

I also recommend that you light a candle because as you write, emotional negativity may come up and release into the room. Since it tends to go towards flame, having a lit candle may keep the room clear and the negativity away from you.

2. Allow a thought into your mind and transfer it into the pen and onto the paper.

You may not even finish a sentence before the next thought comes up. For example, the thought “go to the restaurant together” arises. As you write “go to the,” you may have another thought, so you start to write that next thought. You do not need to finish the first one. The next word or thought that comes up may be “help,” and you may write “hlp.” That is fine because you know what you mean by it and you do not have to worry about spelling (or punctuation). But do not write in shorthand because that was not the form through which the thoughts and images lodged in your subconscious or unconscious.

It is important that you do not do free-form writing on a computer or a typewriter, since typing it does not carry the same impact and there may be too much negative energy releasing for the typewriter or computer to handle. Also, do not do free-form writing on a chalkboard or white board and then erase it. The energy that you released may stay in the board itself.

Free-form writing is a kinesthetic activity. The neural impulses from the fingers are sent back to the brain so that the writing actually releases and records the patterns of the unconscious. I call them the “beach balls,” those things we have suppressed for a long, long time and on which we have expended energy to keep under the surface. They can carry tremendous emotion. So at times you may end up writing very forcefully. That’s why I recommend that you do not write with a pencil: the lead can break and you lose the flow.

In some instances, you will find yourself writing as fast as you can, and at other times you will be writing slowly. But throughout this process, you should be writing continuously because there are always thoughts in your mind—and you are to write them down, even if they are, “I don’t know why I’m doing this. What should I write next? Hmmmm.” And do not be concerned if only “junk” is coming up when you do free-form writing; this means that the free-form writing is working.

It is very important when doing free-form writing that you do not just let the pen write. That is automatic writing, a very different process, in which you may be giving over your consciousness to

something outside of yourself. Free-form writing is *stream-of-consciousness* writing, where you just write whatever comes into your mind. You are not giving yourself over to anything in this process because you are in absolute control of what is happening. You also write with the hand that you normally write with, not your other hand; free-form writing is different from the technique of writing with the subdominant hand.

3. When you get through writing, do not read it over. Rip up what you have written and either burn it or flush it down the toilet.

Some people still feel the energy of what they have released even after they have burned (or flushed) the paper on which they did the free-form writing. It is important that you stop the process when you stop writing. Have a set amount of time to write, and when it is over, get up right away (mid-word if necessary), drink some water, move around, burn or flush what you have written right afterwards, and go on with something else. Also, do not go back in your mind to what you wrote or anything you went through or felt when you wrote it. Let it all go.

If you keep the paper, the lower levels of consciousness will hold on to the pattern, and the release will not happen. For the lower consciousness or the subconscious to release and let go of the things it has expressed, that paper must be destroyed. And after you have burned or flushed it, fill the empty space where the images and words were with loving and God. Do spiritual exercises, and allow the healing and the peace of Spirit to fill you.

After you have done free-form writing for any length of time, you may start to get some beautiful, inspirational, wonderful prose that you may want to keep, but when you are through with your session, you may forget where the beautiful writing was and want to read through what you wrote to find it. Do not do this because the energy and negativity that you released onto the paper can return to you if you reread it. Instead, as you are writing and thoughts are flowing through, take the pieces of paper on which you write the

inspirational thoughts and set them aside, separate from the other writing. When you finish your session, rewrite the sections you want to keep. Then you can rip up and burn or flush all the original pages.

4. Never share what you have written with anyone else.

If necessary, lock your door while you do free-form writing. If someone knocks, do not feel obligated to answer. You can tell people, "If my door is locked and it says, 'Do not disturb,' stay away. I will probably be out in a couple of hours."

5. Start slowly, but work up to writing for at least an hour.

Actually, two hours per session of free-form writing is optimal. Each person is different, but to notice some real changes, I recommend doing free-form writing for a minimum of three times a week for a minimum of three months. With practice, you can get to the point where you can do this in fifteen minutes, but it will probably take you a year or so to get to that point. You can start by doing fifteen minutes at a time; then increase it, the idea being to work up to sessions of one or two hours. Don't let the fact that two hours is optimal get in your way. As with anything I suggest, try it out as best you can.

The first time people approach this, they usually sit down and think, "I wonder what I should write." Instead, they should be writing, "I wonder what I should write. … Gee, this sure is stupid. … I think this makes me look like a fool. … I feel like such a phony … run … can't … yes … the green elephant was there … no … the cows jumped … I can't … I don't know why I'm doing it." You will see a flow begin, and then all of a sudden it may become jumbled. You may think, "I wonder why I wrote 'green elephant.'" Don't start doing that. Instead, write, "I wonder why I wrote green elephant." The writing will open the mind again, and the repository of jumbled information that has been holding energy will start to release.

The Effects of Free-Form Writing

As you do this technique, a wonderful thing can take place. Because your free-form writing is often a symbol of an inner disturbance, you may find that pressure leaves you as you write. Obsessive behavior or habitual patterns may suddenly disappear, and you won't even know what it was that was inside you or how it managed to get there. You will just know that it is gone. Often, it will feel like relief or a sense that somebody has taken a weight off you. The strange thing is that you will probably not be aware that it was there until it is gone. Such is the nature of the unconscious.

When it goes, I would strongly advise that you not even question what it was because you might find it and reestablish it inside. We are powerful creators. Just by thinking about how glad you are to be rid of it, you could reactivate your own memory of it and—poof! —it's in.

I emphasize this because it is very hard to get something out a second time. I am speaking from personal experience. I once relooked at something, and it took me fifteen years before I was able to clear it again. I was aware every day that I had not cleared it, so I just kept at it. And one day it went. I knew what it was when it released because of where it was expressing in my body. And I just smiled and got busy doing something else to distract my mind so I would not go back to see if I had really released it.

There is something crazy about our human minds. We say, "But is it really gone?" And, in doing so, we can bring it back. It is as if we were to quit smoking and then smoke another cigarette just to see if we really quit. Then we are hooked again. My advice is that when you let anything go, do not be concerned about it. Just let it go.

I have seen some phenomenal things occur with free-form writing; it has released people from psychologically restrictive patterns and from physical and emotional pain. Free-form writing does not do a great deal for you spiritually, but if you are feeling clearer and better about yourself, there is a very good chance you will feel better about doing spiritual exercises, which *will* do things for you

spiritually. With your unconscious free, you will be in a better position to be aware of your Spirit. As a stepping-stone to Soul awareness, free-form writing is wonderful.

When I see people grieving over the death of their loved ones, I can get drawn into it in negative ways. So I will spend a lot of time writing to free myself from this restriction. You can have a tremendous amount of empathy for others without letting their grief drag you under.

Free-form writing is like taking an onion and cutting a wedge through to the center. Then you leave a space, cut another wedge, and so on. If you leave the onion exposed to the air after cutting several wedges and do no more, the sections of onion that were between the wedges will dry up and peel away. And after a time there will be just a tiny seed left. In the same way, by releasing some disturbances through free-form writing, others still inside of you will fall away.

When, after free-form writing, you realize that you had been carrying excessive weight or baggage, rejoice in the feeling of freedom. When something releases, immediately stand up, stretch, and move around physically to experience your new freedom. If you let the area get rigid and tense, you may have another problem to deal with. You will often feel a sense of diminishment taking place, as though you are moving backwards inside of yourself, away from things; they are getting smaller and smaller as you move back. Don't be disturbed. That just means that you are moving away from the materiality of the world.

The CD set called *Living in Grace* has a CD that explains free-form writing and, also, has music that you can use as background to your free-form writing if you like. It is public CD set, ISBN: 978-1-893020-38-2.

From *Webster's Ninth*
New Collegiate Dictionary

Mystical: **a**: *having a spiritual meaning or reality that is neither apparent to the senses nor obvious to the intelligence (the ~ food of the sacrament)* **b**: *involving or having the nature of an individual's direct subjective communion with God or ultimate reality (the ~ experience of the Inner Light)*.

Traveler: **1**: *one that goes on a trip or journey* **2**: *an iron ring sliding along a rope, bar, or rod of a ship* **b**: *a rod on the deck on which such a ring slides* **3**: *any of various devices for handling something that is being transported laterally*.

Consciousness: 1 a: *the quality or state of being aware, especially of something within oneself* **b**: *the state or fact of being conscious of an external object, state, or fact* **c**: *awareness esp: concern for some social or political cause* **2**: *the state of being characterized by sensation, emotion, volition and thought: mind* **3**: *the totality of conscious states of an individual* **4**: *the normal state of conscious life* **5**: *the upper level of mental life of which the person is aware as contrasted with unconscious processes*.

APPENDIX 2

An Informal History of MSIA

Pauli McGarry Sanderson

Editor's note: In December 1988, J-R had held the consciousness of the Mystical Traveler for twenty-five years, and over one thousand people came to a gala dinner on December 18 to celebrate. Pauli Sanderson, who has worked with J-R since the early days and who was on the MSIA staff for many years, wrote an informal history of MSIA as an anniversary tribute.

Think of the last 25 years of your life. Think of the variety of things you have done, the successes, the disappointments, the changes, the priorities you've had, etc. Think of holding one single focus for that amount of time. Perhaps you have, and so you know the process involved. Perhaps you're learning how to do that and can imagine what the process might be. J-R has held the focus of the Mystical Traveler Consciousness since 1963. He has said that he can forget a lot of things, but he never forgets he is the Traveler.

Tonight we celebrate and honor J-R, our beloved friend, and the work that he has done over the last 25 years. When I was asked to write something for this evening, I said, "Sure," and thought, "What could I possibly write that would do justice to the subject?" Then I decided that nothing could actually do justice to the subject, which gave me a lot more freedom. So join me as I take a walk through some of my memories, share some stories, and say to J-R, "Thank you," and "I love you," not just from me, but from all of us.

I remember, in about 1967, J-R and I went to Disneyland one evening. We went on the usual rides, ate the customary frozen bananas, played at the target ranges in Frontierland, and then, for a rest, hopped on the Santa Fe Railroad for a ride around the park.

Somewhere near the primeval forest, he began telling me about his relationship with Spirit and God, the spiritual awakening he had had in 1963, and the spiritual consciousness that was present with him. I don't know if he actually said "Mystical Traveler Consciousness" during that first conversation. I know he talked about being given a "special dispensation" in order to be of service to humanity. I know he talked about setting aside his life as an individual and dedicating himself to this service. I remember hearing clearly that personal preferences and his personal life were not going to be of much significance in this new work. I thought what a difficult choice that would be and then, as he talked more, realized that it was no choice at all and so, perhaps, not difficult. His joy of discovery and his enthusiasm for serving were so much greater than any seeming sacrifice.

J-R told me of his awakening to the reality of Spirit, of his communications with beings of Light (he referred to them as "the boys upstairs"), of his experience of other realms, and of the potential that everyone had to awaken to the Light and Spirit within themselves and in the outer realms. He spoke of how so many people were "sleeping," unaware of the Light, unaware of their own divinity. He spoke of how the veils of forgetfulness could be lifted from their eyes, if they would allow it. He spoke of the work he would be doing to assist people into that awakening and said that it would be "big." I don't know whether he knew the size or scope of the work, as it would unfold in the years to come. I don't think it mattered to him because all he had to do (then and now) was follow as Spirit led.

He told me of Spirit and the Light, of realms of existence, of ancient truths, of miracles and the mundane—all in the matter-of-fact manner of someone discussing what he had had for dinner the night before. I remember thinking clearly—some hours into this talk—that either this man was completely crazy or I was privileged and honored to be at the beginning of an absolutely wondrous adventure.

At that time, I had known J-R for about three years as a fellow teacher at Rosemead High School. We had laughed, joked, played, and talked about many things. I knew he wasn't crazy. I knew there was no deception in him; I knew he was good and honest and loving. So if he wasn't crazy, what he was saying was opening worlds and possibilities beyond anything I had ever dreamed of. Something inside of me sang, "Yes!" as he spoke. Silently, I asked, "Can I come, too?" His answer was, "If you would like to be a part of this and share the work, you're welcome."

This was how I first became aware of the Traveler and his work. I have been blessed to be part of the work. It has been every bit the wondrous adventure—and much, much more—that I thought it would be on that long-ago night. My experience, I'm sure, only differs somewhat in content from everyone's first moment of being awakened to the Mystical Traveler Consciousness and the joyful, affirmative inner response. From all of us, J-R, thank you for the awakening.

Through all of these years, I have been privileged and honored to watch this man we call J-R or John-Roger and the work that he has done—or perhaps it is the work that Spirit has done through him. Whichever way it is, he has consistently stepped aside in order to provide Spirit with a vehicle for Its work. Perhaps that is what the Mystical Traveler is: one who is willing to step aside and be that clear channel for Spirit, Light, the Supreme God to work through. One who will always make that choice. One who will not forget. One who will sacrifice, in the most joyful way, personal considerations and concerns for the greater good.

The work appeared to me to start small. J-R worked with people on a one-to-one basis. He counseled, he talked, he shared with them what he could see of their life paths, what they were here to learn and to discover, how best they could work with their own personality patterns, how they could awaken to Spirit and make it a part of their lives. As people talked with him, they awakened to new awarenesses about themselves and about the Spirit that was within them. Their lives worked better. They got value out of what J-R

shared with them. They came back for more. They recommended others. People were experiencing the Light, finding out that they had power in their own lives, discovering that they could make choices that supported themselves and their families, awakening to the love that was inside of them, and learning to give and receive the loving in their lives.

In 1968, J-R was invited to share these teachings through seminars. Seminars provided a different format through which to talk about Spirit and the Light, and participants were able to experience these things in a very powerful and dynamic way. Because J-R could talk to more than one person at a time, seminars allowed the work of the Traveler on this physical level to grow. It began to pick up speed, and more people were learning about the Light and Spirit. More people were experiencing the movement of Spirit within themselves. More people were learning about loving.

People who discovered those first seminars in Santa Barbara asked J-R if he would do a seminar in their own towns. He said, "Yes," so there were more seminars. Sometime in 1968 or 1969, J-R's evening schedule began to look something like this: Monday evening, a seminar in Thousand Oaks; Tuesday evening, a seminar in Long Beach; Wednesday evening, a seminar in Thousand Oaks; Thursday evening, a seminar in Alhambra; Friday evening, a seminar in Santa Barbara; Saturday evening, a seminar in Los Angeles. His daytime schedule, of course, still included his regular teaching job from 8 a.m. to about 3:30 p.m. and private individual counseling from about 4 to 6 p.m. There was just enough time left for dinner and—on good days—"Star Trek" reruns before it was time to leave for the seminars. This kind of daily schedule falls under the heading of "service," even if—from the perspective of the many—it might look like it falls under a heading of "nuts." It was the physical manifestation of the inner direction to get the message of Spirit and Light to people. It was the Mystical Traveler Consciousness saying, "Yes."

Accompanying J-R on a great many of these evenings—and also seeing him during the day at work—left little doubt in my mind that

there was absolute validity to his teachings about Light, loving, and service. He told us that if we are living in harmony with Spirit and doing the work of Spirit, Spirit will provide us with the energy needed. Energy is infinite. Spirit has the power. Human beings, in their earthly form, are limited. Those limits are not so apparent when Spirit is present, when we give up our personal considerations, opinions, and judgments and open ourselves up to that which is for the highest good.

I watched it. I experienced it within myself to some extent. I saw it in J-R to a much greater extent. I listened to him give the same message over and over, in seminars, to individuals, to youngsters at school, to me. I watched all of us be pretty dense about receiving the message and putting it to work. Gradually, however, we caught on. Progress seemed sporadic. It didn't matter. J-R kept the same message present: Ask for the Light. Put the Light around you. Ask that those things which are for the highest good come forward to you. Be willing to accept that when you have placed something in the Light, what occurs is for the highest good. Love yourself. Love others. Take care of yourself. Take care of others. Use everything for your advancement.

The messages are simple. Applying them to life is sometimes simple and sometimes difficult. The teachings include perseverance. They include forgiving ourselves when we don't "hit the mark." The essence of the teachings is loving. And J-R is better at that than anyone I've ever known. Thanks, J-R, for all your loving perseverance, which is also called just hanging in there while we all do our best to follow your lead.

I remember one time, driving home from Santa Barbara after a seminar, J-R said, "Wouldn't it be wonderful if, years from now, people were living these truths and these teachings, and no one could remember where they came from?" I remember thinking, "It would be even more wonderful if they remembered where they came from." Now, I think maybe he was right. And I also think that he has accomplished what he wished for that night. I think of all the people, through all the years, who have touched in to the teachings

—through MSIA, PTS, Insight, Baraka, the University of Santa Monica, and all the other programs that have sprung from the original source. I think of the people and how they have taken the ideas and energy of the Light and shared them with someone else, who may have told someone else, who may have told someone else, who may have. … I think of people who have, through a seminar or a retreat or a book, experienced a greater measure of loving and then have turned around and shared that loving with another individual, who got a sense that the world could be a more loving place, who in turn shared that with someone else. I do wonder how this has all moved through the world. In 25 years, there have been thousands of people who have experienced the Traveler's teachings; how many people have those people touched? Perhaps there are people everywhere living the truths and teachings without any memory of where they came from. Perhaps J-R has been successful in making that wish come true.

In 1969, however, the physical part of his work was still on a smaller scale. He was doing six seminars a week and still teaching school during the day. There was obviously more work to be done. There were more people wanting to know about the teachings of the Traveler, not all of whom lived in Los Angeles, not all of whom were able to come to seminars. One summer day, after our very first MSIA Conference (which was attended by a grand total of slightly more than 80 people), J-R said, "You know, if we transcribed the tape of the Conference, we could type it up and give it to people who could not be here." Service. The ability to respond to people's needs. So with a little tape deck, a stop-start foot pedal, and a portable typewriter, the first transcript was typed.

People who came to the seminars in California began to tell their friends and relatives who lived elsewhere about J-R, about the Mystical Traveler, and about the teachings. Some came and attended the seminars as guests, and they asked if they could get seminars where they lived. Of course, the answer was, "We don't have seminars outside of southern California." But the need was there. So J-R explored how he could respond to these people, how

he could be of service. He began taping his seminars and making copies of the tapes available. But some people didn't have tape players (remember, this is 1969 or so). So J-R said, "Wouldn't it be great if we could put the seminars in written form so that people could read them?" Discourses. The basic teachings of the Traveler. They were originally produced on an ancient (but affordable) IBM typewriter. It got the job done. The original run was about 30 copies, and there was great excitement the day J-R bought an electric stapler so the Discourses didn't have to be stapled together by hand. The end result, of course, was that people throughout the U.S. were able to read the teachings of the Traveler and begin their own journey of Soul Transcendence.

One night, we were going to a new seminar location. For some reason, we each took a car that night, and I was following J-R. He was driving a bit faster than he normally did, and I remember thinking that he must have been in a hurry. I also remember blinking my eyes numerous times because I was seeing little flecks of light on the freeway, and I thought my eyes were tired. When we got to the destination and got out of the cars, he was laughing, and he said, "Did you see the Light going ahead of me? It was moving so fast, I could hardly keep up." Suddenly, I knew that my eyes hadn't been playing tricks on me. But more than that, it gave me awareness of how obedient the Traveler/J-R is to the Light and its plan on this planet. He just follows where it leads and does the work as it presents itself.

In that obedience, there is no blindness, however; rather, there is great awareness and presence. I remember when his parents were ill; the awareness, the work, and the acceptance that I saw manifested were magnificent beyond all my experience then. J-R's parents were wonderful people. Loving, nononsense people, fun to be with, filled with life and humor. He loved them very much.

When his mother was first diagnosed with a "terminal" illness, I watched J-R go to work, sending the Light nonstop around the clock, researching the best care, the best nutrition, the best medication, etc. I can only imagine the work he must have been

doing on the higher levels of Light and Spirit; I only know what I could see here. There was no anger, no sense that the illness was unfair, just hard work to bring to her the greatest chance for life (on this level or another) that was possible. He did not push his opinions or his points of view. He honored her and empowered her to make the decisions, supporting her in every decision she made, loving her in every way. When she died, it was with grace and acceptance. I saw his sadness and his joy intermingled—reflections of the man and the Mystical Traveler.

A year after his mother died, when his father was dying to this earthly plane, I watched him do the same thing: loving his father, caring for him in all the difficult physical ways, being with him as a loving companion, allowing him to complete the experience of physical life as he saw it. One night, a few days before his father died, J-R sat with him and told him how blessed and honored he was to be his son and how much he loved him. It was the most beautiful example I have ever seen of "honor thy father and thy mother." At that moment, the teachings of the Traveler took on new life for me, as I was able to see that this man, John-Roger, lived what he taught—even in moments of deepest sadness and difficulty. He held back nothing. J-R was—and is—his teachings.

When his parents were gone, he said that he had—as the Mystical Traveler—completed what he needed to, fulfilled what was necessary. If he stayed and continued to do the spiritual work, it would be out of love. He stayed. The work expanded. His love manifested itself in his presence, his availability to all those who called themselves his students, his ability to respond to their needs … in so many ways.

J-R's work is difficult to describe in the words that we use for communication on this level. His work is an inner transformation. Many of you know the work he has done with you inwardly. You may be aware in ways you were not before. You may know yourself better; you may love yourself better. There may be a different reality in your life. There may be a fundamental sense of joy or of purpose that is different from before.

J-R's work—from what I've been able to see—is individually tailored for each person because each individual needs different things for his or her own awakening. I have seen him work with people who have had so many challenges in their lives and have dealt with so many difficult circumstances, seen him be so gentle and lift them with hope and the vision that they can discover a way to greater happiness and peace. It may be that his energy holds the vision for them until they can hold it for themselves, and, in time, it manifests on this level. I've seen him work with people who have many unrecognized and unacknowledged blessings in their lives and are, in their ignorance, complaining about their lot in life; I've seen him be so blunt and direct with them that they awaken to the good things that are present for them and decide that if they want more, they alone have the responsibility and the ability to create more. And so they do.

My sense of J-R and his work is that each one of us who knows him and is blessed to call himself or herself his student has an individual, special relationship with him. I believe that we all know a different J-R. I believe that the Traveler has an individual relationship with each of us. I believe the relationship changes as we grow and move upward in our own spiritual evolvement.

Let's go back to about 1971. Seminars still were several nights a week. Counseling with individuals was still happening during the days. (Teaching school was not; the teaching had expanded to a larger arena.) J-R had found that the work he was doing simply didn't fit in his one-bedroom apartment, so he had moved to a house with space for the office (there were now a couple of typewriters, tape recorders, a mimeograph machine, an electric stapler, and some tape duplicating equipment) and a couple of people to help operate it all. The house answered a need. The house was a response to the growth of the work.

About this time, another service was added—aura balances. In the seminars, the Traveler had been teaching us about energy fields and how they affect the body. Now it was time to extend to people a way to clear the individual auric field, to release themselves from

those thoughts and feelings that had held them in bondage, to forgive themselves and others in order to gain greater freedom. With more people needing more services, it was necessary to add personnel. So the number of people on staff expanded to meet the need. Again, J-R responded to the needs of those he served as the Traveler. Response-ability.

Part of the response-ability that J-R has demonstrated for the last 25 years has been the traveling that he has done physically throughout the world. Way back, in 1964 and 1965, he would travel throughout the U.S. during the summers. He used to pack up his 1964 Mustang and, a day or two after school was out in the summer, head east. He usually got home the night before school started in the fall. I never heard much from him during those summers, but after he was home, he would tell me about clearing energies from various geographical areas, releasing karmic patterns that had been with the earth for many years. The point of view seemed to be that because he could do these things, he would do them. My sense was that he followed where the Light led him during those trips. And he did the work that was indicated.

For several years, he traveled alone. As he added some staff people to help with the work, they sometimes traveled with him. Later, the traveling expanded. As it became known to MSIAers outside of California that services (aura balances and, later, polarity balances and innerphasings) were available, he began getting requests to come to Miami, New York, Philadelphia, etc., to do seminars and services. He responded. At first the trips were relatively casual; not much preplanning was required. As time went on and requests came from more people in more towns, the response-ability also had to expand. In the response was the opportunity for more people to participate and discover their own response-ability to Spirit.

The traveling has expanded throughout the world, and now J-R sometimes travels with larger groups of people. Because of the collective power of their Light and loving consciousness, they are able to assist with work on the planet that is an expansion of what

J-R did by himself in the early years. What a joyful way to serve the world. What a wonderful way to respond to the world's need for greater loving and Light.

As an aside, long before I heard of responseability (the ability to respond), I was impressed with J-R's ability and, more than that, his willingness to respond. There were innumerable times when a request for this or that would reach him only a few hours before he was leaving to travel or had a major commitment. It would have been so easy—and justifiable—to say, "This reached me too late; I don't have the time right now. It will have to wait." He didn't. If the need was there, he responded. He made the time. He fit it in. I was often in a position of being in between J-R and a request coming from one of his students. I knew the times that, because of something that was happening in his own life, it would have been easier not to respond. He responded anyway. He was there. I've roused him out of bed in South America when someone in Florida was in a crisis and needed him. I've called him in Australia, in the middle of an Insight seminar, to help put him in touch physically with someone in Los Angeles who had need of the Traveler's energy in a physical, concrete way. He has always responded, always put aside personal considerations, always been there. Sometimes people want to see or talk to him and they can't get through; their message may be to go within. When the need is really there, the channel is open. One week, not so long ago, I was experiencing a difficult time in my own life and feeling a bit depleted in energy and the spirit to carry on. I encountered J-R "by accident" three times in one week. Unusual? Not in terms of this marvelous being we call the Traveler. Response-ability—to the Traveler Consciousness, to Spirit and God, to his students. Perhaps, it's all the same. He has been telling us this for a long time now, hasn't he?

Back in 1972 and 1973, the Traveler's work was (and is) clearly to offer the spiritual teachings to those people open to it, to make available the path of Soul Transcendence to those who recognize it as their own. Advertising was something that never seemed to be of particular interest; things were growing fast enough on their own by

word of mouth. But one day, J-R mentioned placing an ad in a little metaphysical magazine. It was a small ad, and it said, “If you would know the secret of Soul Transcendence, write for more information,” and gave our address. For a long time, there was no response to the ad. And then one day, a letter came from Africa. A man wrote and asked for information. We sent him our introductory book and a one-page flier describing Discourses and some tapes. He wrote back to say that he was blessed and honored to have found J-R, “the one who is the Mystical Traveler.” And he started receiving Discourses. Today, there are hundreds of MSIAers in Africa. All from one ad that ran for about three months.

In one of the early seminars, J-R did a meditation that seemed particularly beautiful to one young woman, who wanted to put it into a little book. So she produced *The Spiritual Promise* and had a large number of copies printed. It was placed with a distributing company as a way of, perhaps, reaching more people than those who were directly aware of MSIA. Sales were not spectacular, but a young man in Australia happened to receive the catalog from this distributing company. He sent for the book. Then he sent for more information, then for the Discourses, and then for tapes. And then he started telling his friends about J-R, the Traveler, the teachings. That was the first contact in Australia, and now there are thousands of people there in touch with the Traveler Consciousness.

As the years moved on, the Traveler Consciousness continued, through its own plan, to reach out, to expand, to touch more people. It reminds me of the lyrics of a Paul Simon song: “God only knows, God makes Its plan. The information’s unavailable to the mortal man.” The Traveler has its plan. The plan included Prana, the beautiful old building that MSIA purchased in 1974, which has been home for hundreds of students over the years. It is also headquarters for MSIA, PTS, and *The New Day Herald* (formerly the *Movement Newspaper)*. Living together, working together, and playing together in the energy of Spirit is a wonderful way to experience the teachings in a very concentrated manner. At Prana, one learns to live the teachings—because living less than that can be quite

uncomfortable there. Prana is a place of service for many people. It provides loving, support (on lots of levels), and discipline for people living there. At Prana, the teachings come alive in a way they may not in other living situations. The teachings cannot be just theory at Prana. It's the lab experience.

The Traveler's plan included retreats, another opportunity for people to live and experience the teachings, another lab experience. If J-R has been able to experience the energy of Spirit coming in and providing him with the strength and vitality necessary to do the Traveler's work, retreats allow many more of us to experience that, too. And projects that may have looked too big for the time and space given to them are completed with love, laughter, cooperation, and sweat, as Spirit has supported us. So much accomplished … so much fun.

Service. It's what J-R is all about. The Traveler serving us. Allowing us the experience of Spirit—not just in spiritual exercises but in work, play, and interpersonal relationships.

Ah! Spiritual exercises. Speaking of service. What a service s.e.'s have been to those of us who choose to do them. Who but our best friend would tell us about this wonderful technique, this amazing path to freedom, this great tool for awareness? Thanks, J-R. Spiritual exercises—a window into the higher realms. A way to put this world, and all its materiality, into perspective. A way to make real the other worlds—and all their loving Spirit. As I write this, I find myself experiencing a peacefulness, a sense of the perfect order of God's plan, of joy and safety. The words taper off. Years ago, on the Santa Fe Railroad, somewhere in the primeval forest of Disneyland, my heart sang "Yes!" as J-R told me of the Spirit and the work. Today, as I think back through the last 25 years, my heart still sings "Yes!" as I think, write, and feel about spiritual exercises and all that J-R's work is.

"Yes!" and "Thank you, beloved friend, beloved J-R, for sharing it all, for responding to the cry in each of us to go home to God, to know our own divinity, to love and be loved in the fullness of Spirit."

Somewhere around 1977, J-R said that he had taught us many things about the Spirit, that we were all catching on and learning well, but that we still didn't seem to be able to make our lives work in a way that was bringing a lot of happiness and fulfillment here on this level. So in 1978, he gave us Insight and said that it was the vehicle through which he would come to this earthly level and "do battle" for us. And then teach us how to do battle for ourselves, by showing us the tools for making the world work. Response-ability. Once again, J-R saw a need in us—and he responded. Gave us more. Greater service. Greater loving.

It's been over 10 years since Insight began. There have been seminars designed to help us with just about everything—our relationships, our abundance (financial and otherwise), our effectiveness in our work, becoming neutral, and so on. The seminars work as we choose to work them, which could be said for everything that J-R has taught us. He's told us over and over that he teaches from his experience. If something works for him, he shares it with us. If we work it, great; if we don't, that's fine, too. His job seems to be to give us all the techniques and tools that he knows. And he is very good at his job.

I look at the work J-R does now. There are MSIA tape seminars throughout the world. There are programs of every kind—the educational programs of Insight and the University of Santa Monica, service projects sponsored by the Heartfelt Foundation, and the work done for peace and integrity through the Institute for Individual and World Peace and the Integrity Foundation. There are retreats and classes given through Peace Theological Seminary, and an MSIA ministerial network. J-R's work has expanded tremendously, and there are more people participating than even he, I think, ever envisioned. Maybe I'm wrong. Maybe he envisioned the entire planet participating in the oneness of the spiritual consciousness. Perhaps we are still at the beginning of the journey. I recently had the good fortune to play a part in one of what I call the Traveler's miracles—a wonderful change and upliftment in the consciousness of a man near and dear to me. When I had a chance

to thank J-R for his work, he grinned, his eyes twinkled, and he said, “You ain’t seen nothin’ yet.” Perhaps that is so for all of us on this journey of inner awareness. Perhaps it has only begun and we ain’t seen nothin’ yet.

Whatever it will be, it has been magnificent. In a world that too often seems characterized by broken dreams and disillusionment, it is terrific to be able to participate—for 25 years and counting—in a dream that is even more alive and full of promise today than it was when it began. To be able to watch and learn from a man who demonstrates in his own life the ideas and concepts that he teaches and who is willing and able to be a friend in the very best sense of that word.

So, to you, J-R, my best friend, thank you for all that you have been, all that you are, and all that you will be. My mind still frizzles when I try to encompass who and what you are—and the fact that you are my friend for all of time and eternity. Webster had it right when he said that “mystical” goes beyond the senses and intelligence.

I wrote the following poem a few months ago. I wrote it from me to you, J-R, but as I was writing this tribute, I thought it probably could be from any of us to you, so I close with it.

“Someday you’ll know
how much I love you,”
One day you said to me.
Years passed and I did not know
Though I hoped and longed to see.

Today I know us better
My heart, your heart, our dream …
Love beyond all worlds and words
Peace and joy supreme

The pieces fit together
The puzzle is no more
Our laughter fills the spaces
Love opens every door

"Someday you'll know
how much I love you,"
I know you know I do
And now I say, from my heart of hearts,
Please know my love for you.

May God bless you, J-R, with love all ways.

In June 1988, J-R passed the keys to the Mystical Traveler Consciousness to John Morton, saying that the transition would be gradual and would be complete near December 1988. J-R, at that time, pledged his support to John, saying, "I stand firmly behind John, or in front of him, or wherever he wants me to stand." He also said that he continues to hold the keys to the Preceptor Consciousness. So … we move to the next step in God's divine plan, and we accept with joy the Father's will. The journey has been magnificent, the blessings already are (as J-R has taught us so well), so we know there are only greater things in store for us. And with that in mind, we give to John that place in our hearts that holds the Traveler in sacred love and see in him the willingness to serve and the ability to respond to Spirit's call. God bless you, John, and welcome.

APPENDIX 3

Soul Awareness Discourse Titles

1. Introduction Into Light
2. Sending the Light
3. Realms of Light
4. Acceptance
5. The Law of Cause and Effect
6. Responsibility
7. Working Your 10 Percent
8. The Mystical Traveler Consciousness
9. The Neophyte and the Initiate
10. Overcoming Discouragement
11. Control
12. The Magnetic Light and the Holy Spirit
13. The Impersonal Perfect Self
14. Unlocking the Locks
15. Love
16. Responsible Creators
17. The Three Selves
18. Psychic Centers of the Body
19. Soul Realm Mock Up
20. The Law of Reversibility
21. Patterns of Reincarnation
22. Tools of Awareness
23. Ego—A Tool for Unfoldment

24. The Teacher and the Student
25. Games of Life
26. False Images
27. Overcoming Desire
28. Negative Feedback: A Key to Success
29. Attachment and Detachment
30. Releasing Guilt
31. Power of the Spoken Word
32. Giving and Receiving
33. Opinionated Consciousness
34. Patience and Gradualness
35. Substitute Gratification
36. Resistance and Stubbornness
37. Perceiving Spiritual Progress
38. Do It Now
39. Prejudging
40. Attitudes
41. Breaking Crystallizations
42. Creative Consciousness
43. The Consciousness of Grace
44. Discipline
45. Philosopher's Stone
46. Physical and Spiritual Spirituality
47. Controlling the Inner Environment
48. The Divine Love of the Spiritual Heart
49. The Inner Journey
50. Speak Kind Words
51. Universal Laws
52. Breaking Fixations

53. Happiness
54. Honesty
55. Spiritual Gifts
56. Watch, Listen, Think, and Do
57. The Illusion of Separation
58. Security, Sensation, and Authority
59. Consciousness Focusing
60. The Power of Living Love
61. Levels of Contempt
62. Ectoplasmic Aura
63. Manifesting the Unmanifest
64. Overcoming the Dilemma
65. The Center of Truth
66. Love, Devotion, and Responsibility
67. The Purification of the Prince
68. The Process of Prayer
69. The Garden Within
70. The Presence of God
71. The Freedom of Spirit
72. Remedy: The Spiritual Form
73. The Discipline of Love
74. Bridging the Unconscious
75. Divine Communion
76. The Source of Human Form
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124. The Intelligence of Spirit
125. Glorifying the Living God
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127. Participating Effectively in Spirit
128. Drive to Success
129. Participation: A Lifelong Role
130. Human Rights or Human Values
131. Which Voice Are You Following?
132. Communication in Awareness
133. Experience and Express the Teachings
134. Oneness with God
135. Focusing Your Effort on Spirit
136. The Truth Sayer
137. Utopia or Paradise
138. Creative Emptiness
139. Positive Inner Vision

140. Awakening to the Truth
141. Micro- and Macro-Consciousness
142. Awakening to What Is
143. Making Responsible Decisions
144. Living the Eternal Truth

Glossary

Akashic Records. The vast spiritual records in which every Soul's entire experiences are recorded.

Ani-Hu. A chant used in MSIA. *Hu* is Sanskrit and is an ancient name for God, and *Ani* adds the quality of empathy.

ascended masters. Nonphysical beings of high spiritual development who are part of the spiritual hierarchy. May work out of any realm above the physical realm. See also spiritual hierarchy.

astral realm. The psychic, material realm above the physical realm. The realm of the imagination. Intertwines with the physical as a vibratory rate.

astral travel. Occurs when the consciousness leaves the physical body to travel in the astral realm.

aura. The electromagnetic energy field that surrounds the human body. Has color and movement.

Baruch Bashan (bay-roosh´ bay-shan´). Hebrew words meaning "the blessings already are." The blessings of Spirit exist in the here and now.

basic self. Has responsibility for bodily functions; maintains habits and the psychic centers of the physical body. Also known as the lower self. Handles prayers from the physical to the high self. See also conscious self and high self.

Beloved. The Soul; the God within.

causal realm. The psychic, material realm above the astral realm and below the mental realm. Intertwines somewhat with the physical realm as a vibratory rate.

chakra. A psychic center of the body.

Christ Consciousness. A universal consciousness of pure Spirit. Exists within each person through the Soul.

Christ, office of the. The Christ is a spiritual office, much like the presidency of the United States. Many people have filled that office, Jesus the Christ having filled it more fully than any other being. One of the highest offices in the realms of Light.

conscious self. The self that makes conscious choices. It is the "captain of the ship" in that it can override both the basic self and the high self. The self that comes in as a *tabula rasa*. See also basic self and high self.

cosmic mirror. The mirror at the top of the void, which is at the top of the etheric realm, just below the Soul realm. Everything that has not been cleared in the physical, astral, causal, and mental levels is projected onto the cosmic mirror.

crown chakra. The psychic center at the top of the head.

devas. Nonphysical beings from the devic kingdom that serve humankind by caring for the elements of nature. They support the proper functioning of all natural things on the planet.

Discourses. See Soul Awareness Discourses.

dream master. A spiritual master with whom the Mystical Traveler works and who assists one in balancing past actions while dreaming.

etheric realm. The psychic, material realm above the mental realm and below the Soul realm. Equated with the unconscious or

subconscious level. Sometimes known as the esoteric realm.

false self. Can be thought of as the ego, the individualized personality that incorrectly perceives itself to be fundamentally separated from others and God.

Great White Brotherhood. Nonphysical spiritual beings working in service to mankind in the spiritual line of the Christ and Mystical Traveler. They can assist with spiritual clearing and upliftment.

high self. The self that functions as one's spiritual guardian, directing the conscious self towards those experiences that are for one's greatest spiritual progression. Has knowledge of the destiny pattern agreed upon before embodiment. See also basic self, conscious self, and Karmic Board.

Holy Spirit. The positive energy of Light and Sound that comes from the Supreme God. The life force that sustains everything in all creation. Often uses the magnetic Light through which to work on the psychic, material realms. Works only for the highest good. Is the third part of the Trinity or Godhead.

Hu. A "tone," or sound, that is an ancient name of the Supreme God. In Sanscrit:

initiation. In MSIA, the process of being connected to the Sound Current of God.

initiation tone. In MSIA, spiritually charged words given to an initiate in a Sound Current initiation. The name of the Lord of the realm into which the person is being initiated.

inner levels/realms. The astral, causal, mental, etheric, and Soul realms that exist within a person's consciousness. See also outer levels/realms.

Inner Master. The inner expression of the Mystical Traveler, existing within a person's consciousness.

Kal power/Kal Niranjan. The power of the Lord of all the negative realms. Has authority over the physical realm. Functions out of the causal realm.

karma. The law of cause and effect: as you sow, so shall you reap. The responsibility of each person for his or her actions. The law that directs and sometimes dominates a being's physical existence.

Karmic Board. A group of nonphysical spiritual masters who meet with a being before embodiment to assist in the planning of that being's spiritual journey on Earth. The Mystical Traveler has a function in this group.

Light. The energy of Spirit that pervades all realms of existence. Also refers to the Light of the Holy Spirit.

light, magnetic. The Light of God that functions in the psychic, material realms. Not as high as the Light of the Holy Spirit, and does not necessarily function for the highest good. See also Light and Holy Spirit.

Light masters. Nonphysical spiritual teachers who work on the psychic, material realms to assist people in their spiritual progression.

line of the Travelers. The line of spiritual energy extending from the Mystical Traveler Consciousness, in which the Mystical Traveler's students function.

Lord of realm. Each realm (physical, astral, causal, mental, etheric, and Soul) has a Lord that directs that realm. The Lord of a realm is subservient to the Lords of the realms above it. All of the Lords of the psychic, material realms are subservient to the Lord of all negative creation, which manifests as the Kal power. The Lord of the

Soul realm has authority over all Lords of realms below the Soul realm, including the Kal power. See also Kal power.

Lords of Karma. See Karmic Board.

masters of Light. See Light masters.

mental realm. The psychic, material realm above the causal realm and below the etheric realm. Relates to the universal mind.

Movement of Spiritual Inner Awareness (MSIA).
An organization whose major focus is to bring people into an awareness of Soul Transcendence. John-Roger is the founder.

mystery schools. Schools in Spirit, in which initiates receive training and instruction. Initiates of the Traveler Consciousness study in mystery schools that are under the Traveler's auspices.

Mystical Traveler Consciousness. An energy from the highest source of Light and Sound whose spiritual directive on Earth is awakening people to the awareness of the Soul. This consciousness always exists on the planet through a physical form.

Naccal Records. Spiritual records that precede the Akashic Records and which record all events from the beginning of time.

negative realms. See psychic, material realms.

New Day Herald. MSIA's bimonthly newspaper.

90-percent level. That part of a person's existence beyond the physical level; that is, one's existence on the astral, causal, mental, etheric, and Soul realms.

Ocean of Love and Mercy. Another term for Spirit on the Soul level and above.

outer levels/realms. The astral, causal, mental, etheric, and Soul realms above the Soul realm also exist outside a person's consciousness, but in a greater way. See also inner levels/realms.

Peace Theological Seminary and College of Philosophy (PTS). A private, nondenominational institution presenting the spiritual teachings of MSIA.

physical realm. The earth. The psychic, material realm in which a being lives with a physical body.

positive realms. The Soul realm and the 27 levels above the Soul realm. See also psychic, material realms.

Preceptor Consciousness. A spiritual energy of the highest source, which exists outside creation. It has manifested on the planet in a physical embodiment once every 25,000 to 28,000 years.

psychic, material realms. The five lower, negative realms; namely, the physical, astral, causal, mental, and etheric realms. See also positive realms.

Rukmini canal. An opening in the void at the top of the etheric realm through which a person moves in consciousness into the Soul realm.

Sat Nam. The Lord of the Soul realm. Sat Nam ("True Name") is also the first individualized expression of the higher God.

SATs. See Soul Awareness Tape (SAT series).

seeding. A form of prayer to God for something that one wants to manifest in the world. It is done by placing a "seed" with (giving an amount of money to) the source of one's spiritual teachings.

s.e.'s. See spiritual exercises.

seminar. A talk given by John-Roger or John Morton; also, an audiotape, CD, videotape, or DVD of a talk either of them has given.

Soul. The extension of God individualized within each human being. The basic element of human existence, forever connected to God. The indwelling Christ, the God within.

Soul Awareness Discourses. Booklets that students in MSIA read monthly as their spiritual study, for individual private and personal use only. They are an important part of the Traveler's teachings on the physical level.

Soul Awareness Tape (SAT series). Audiotapes or CDs of seminars given by John-Roger, for individual and private study only. They are an important part of the Traveler's teachings on the physical level.

Soul consciousness. A positive state of being. Once a person is established in Soul consciousness, he or she need no longer be bound or influenced by the lower levels of Light.

Soul realm. The realm above the etheric realm. The first of the positive realms and the true home of the Soul. The first level where the Soul is consciously aware of its true nature, its pure beingness, its oneness with God.

Soul Transcendence. The process of moving the consciousness beyond the psychic, material realms and into the Soul realm and beyond.

Soul travel. Traveling in Spirit to realms of consciousness other than the physical realm. Sometimes known as out-of-body experiences. This can be done in one's own inner realms or in the outer realms, the higher spiritual realms. See also inner levels/realms and outer levels/realms.

Sound Current. The audible energy that flows from God through all realms. The spiritual energy on which a person returns to the heart

of God.

Spirit. The essence of creation. Infinite and eternal.

spiritual exercises (s.e.'s). Chanting the Hu, the Ani-Hu, or one's initiation tone. An active technique of bypassing the mind and emotions by using a spiritual tone to connect to the Sound Current. Assists a person in breaking through the illusions of the lower levels and eventually moving into Soul consciousness. See also initiation tone.

spiritual eye. The area in the center of the head, back from the center of the forehead. Used to see inwardly. Also called the third eye.

spiritual hierarchy. The nonphysical spiritual forces that oversee this planet and the other psychic, material realms.

10-percent level. The physical level of existence, as contrasted with the 90 percent of a person's existence that is beyond the physical realm. See also 90-percent level.

third ear. The unseen spiritual ear by which we listen inwardly and hear the Sound Current of God.

third eye. See spiritual eye.

tisra til. The area in the center of the head, back from the forehead. It is here that the Soul energy has its seat and the Soul energy gathers.

tithing. The spiritual practice of giving 10 percent of one's increase to God by giving it to the source of one's spiritual teachings.

universal mind. Located at the highest part of the etheric realm, at the division between the negative and positive realms. Gets its energy from the mental realm. The source of the individual mind.

wheel of 84. The reincarnation, reembodiment cycle.

Fulfilling Your Spiritual Promise

Volume 3

CHAPTER 15

Nonphysical Influences in Our Lives

If it doesn't kill you, it will make you stronger.

Overview

We all know that we are influenced by how we feel physically, what thoughts we hold in our minds, and the state of our emotions. We also know that we can be affected by things in the environment (air quality, sounds, etc.), and we may also be aware of other, more subtle influences, such as how a certain place feels to us. In this chapter, I am going to talk about some of these nonphysical influences, the psychic level, and ways you can protect yourself from and clear negative energies.

One of the things that we are to learn about in life is how to deal with negativity. This negativity can come from other people and from nonphysical beings ("entities"), can be in a geographical location or attached to a physical object (e.g., a piece of jewelry or a painting), or can be a challenge from the negative power, what I call "the loyal forces of the opposition," whose job is to provide us opportunities to strengthen ourselves spiritually. Since out of God come all things, there is nothing to fear in any of this because it is all within God. At the same time, it is a good idea to learn how to deal with it effectively.

You must not look to other people and say, "They're hurting me. They are inflicting upon me. They are psychically attacking me." Instead, bless them and send them

love, for they point up the areas within you that need greater strength. And love everything that comes to you. Love it all and let it go, whether it's yours or someone else's. It just doesn't matter.

The first approach is to use the Light for protection. It is fundamental to put the Light around you when you get up, when you drive in a car or fly in a plane, when you go into any building, when you meet people or talk to them on the phone, when you return home, before you go to sleep at night, and so on. Place the Light between you and other people when you talk to them or are around them so that anything coming to you from them comes through the Light first. You can also send Light for the highest good ahead of you, to people in your life, situations happening in the world, and anything else that comes to mind. In other words, it is a good idea to work with the Light *all* the time. (Also see chapter 6, The Light.)

Entities

An entity is any disembodied being. Sometimes they are called ghosts, though ghosts specifically refer to people who were formerly on the earth and who are still "hanging around" on this level but do not have a physical body. We all have ghosts around us from time to time, and they are not something to be overly concerned about.

Sometimes entities get bothersome, which is why I am giving this information—so you can know what to do if this occurs for you. But I would not go looking for entities, ghosts, or any problems from them.

In general, entities are looking for a physical body to inhabit. An entity cannot take over a body unless the person abandons the body through involvement in addictive, obsessive, or compulsive patterns. For example, abuse of alcohol and use of so-called mind-expanding drugs (such as LSD, marijuana, etc.) can leave a person open to being taken over by an entity. Suicide attempts also open the body

to possession by an entity. (See chapter 22, Health, for some more information on entities.)

Entities will seek an opening from a human structure in order to enter, and almost 90 percent of the time, they are not in violation of spiritual law. When a person has said, “Well, I’m going to see what this drug does for me,” the person has given up the rights of their own protection to something else, so an entity can come in. The entity may be just in the auric field at first and may try to gain strength, and the way an entity can get into the body is for the person to give up increasingly more responsibility. The entity wants that body because it can learn much more in the body than it can being bound on a nonphysical level. Human beings have a lot more choices that they can make here, so an entity will endeavor to do everything to make the person lose more and more control.

Even though an entity cannot kick the person out, the person still has an “inhabitant” with them. When this happens, the person is not dead; it is just that they are pushed back. The entity that has taken over the body might like alcohol, for example, so the person starts drinking. That is a possession.

An entity can be removed, but if it is taken off the person and the person does not change their behavior, a new entity can come in. In this situation, you have to educate the person who is in there, along with the entity. The entity will not want to listen because it is running the body, but it does not own the body. If the entity does not leave the body, the person has somebody else running them.

The entity could come from the astral, causal, mental, or etheric realm. Most mediums tell you that their guides, which are possessions and entities, come from the causal, mental, or etheric level. They call them masters, ascended masters, and the Great White Brotherhood. Occasionally, some entities can give you good advice. Check it out. If the information contributes to your joy, health, and abundance, you might choose to follow what the guide tells you that one time, but do not just follow willy-nilly any advice you get from an entity or anywhere else.

Sometimes entities are very smart; sometimes, quite stupid. Sometimes they take over familiar forms and misrepresent themselves to be your Uncle Charles, for example, when they are actually just using information you released in the personality form and astral level. An entity may also be a personality projection coming out of the unconscious or astral realm. Uncle Charles himself may have evolved to a higher level, while the entity hangs out around you in the form of Uncle Charles. Some other energies have taken over that form and say they are Uncle Charles, but they are deceivers.

Since entities may very well be liars, this is another good reason to check out anything you think you hear or are directed to do from the inner levels. Just because they (or some fortune-teller) may have certain relevant facts about Uncle Charles or your past, this does not mean they know any more than you do about the intended direction of your life.

The way to get rid of an entity is to love it and not let it call the shots. In other words, you take 100-percent responsibility for all your choices and you continually look at what would be the highest choice for you in every situation. If you are going to give yourself over to anything, you might consider giving yourself over to God or the Christ.

Q&A About Entities

Q: Can a person get an entity in another way than what you have already explained?

A: Sure. A fall, being knocked unconscious, electrical shock, or near drowning are some ways. Another is from a previous lifetime. Say that in a previous life as a woman, you had a man, and you made a very strong vow: “I love you, and we’ll never be apart. We’ll always be together and go on forever.” Then if you incarnate and that other person has not, that person can come into your aura and be with you through this life plan. That is a right and proper action,

based on the previous life. If you become pregnant, it may come in through the baby, and you can end up loving that child even more than you love your husband who fathered the child. Some people would say, “There’s something really strange going on here,” and if they could not understand the karma from the past existence, it could look weird. But if you get high enough and look at it, you will say, “It figures.” Still, it may be very difficult for the two people involved because of social things, morals, ages, and things like that.

Within the Traveler Consciousness is the most perfect protection you can ever experience. The more you build your awareness of the Traveler— in the one holding the keys to the Traveler Consciousness, in yourself, and in others—the more you are in tune with the divine protection and presence.

Having an entity with you is not always a bad thing. Sometimes they will stand, watch, and protect you and urge you to stay in line. That can be nice. It is interesting how these things can work.

Q: When you are out of the body traveling, can something else—such as an entity—slip in?

A: It depends on the reason you are out of the body. If you are out of your body on a drug “trip,” for example, and you have willfully given over your responsibility for yourself, you are leaving yourself open and you may pick up a “visitor.” But if you are out of the body in spiritual exercises or in the night travel, nothing else can slip in if you are working with the Mystical Traveler Consciousness.

Q: If I am someplace and am aware of an entity there, is there something I can do to protect myself at that time, besides asking for the Light?

A: In your inner vision (imagination), you can place a purple cross between you and the entity.

Q: Are ghosts real?

A: As I said, we all have ghosts around us from time to time during any given day or night. Many spirits or entities just wander around and appear in many places at different times. They are not necessarily negative. If you sense them, just tell them to leave.

Q: I sense entities around me, giving me information. At first I liked getting the information, but now they seem to come around even if I don't want them to, and this is making me very uncomfortable. How can I get rid of them? Or is it okay if I talk to them if I ask for the Light first?

A: If you want them to loosen their hold on you, you'd be better off not to communicate with them, as that only increases their connection to you because you are giving them energy by your attention. It's best to let them go their own way, and you go yours.

Q: Is it possible for me to help these entities and encourage them to supply me with valuable information?

A: It's best not to mess around with disincarnate entities. There's no telling the level from which they get their information. When you flirt with this area, you get the good as well as the not-so-good.

Angels

Angels are nonphysical beings that exist on every level, hold spiritual energy, and do spiritual work on those different levels of existence. One of their jobs is to praise God continuously, which is very joyful. Some people have seen angels, although the person is actually seeing into another level to do this. Angels come through the devic kingdom, the realm of the nature spirits of air, water, earth, and fire. The human Soul, on the other hand, is a branch off of God Itself, and all angels except archangels are of a different vibration than humans.

A guardian angel has a specific job, which is to assist, guide, and protect a certain person. The guardian angel will urge and direct, and it works like a sort of reflective counselor. People who have

been baptized in MSIA and certain faiths or groups have had a guardian angel placed with them at the time of baptism. (See page 705 for information about baptism in MSIA.) The guardian angel comes from the level from which the energy of the church comes. It is "with" a person, and its physical location varies. It can be above the head, to the right, behind, to the left, inside, etc.

An angel may sometimes come in to hold energy for you as an individual. Angels can serve you greatly in this way. If you sense their presence around you, just bless them and extend your Light to them and love them. When they hold energy for you, they may be assisting you in handling negativity.

Guardian angels are effective, and they receive their effectiveness by your continually working with them. But you never give yourself over to any entity whatsoever, including angels. You can listen, take caution, question with it, check it, but for God's sake and your own, test it. Everything you hear—test it and check it. If it cannot be proved, if it cannot work for you, let it go.

Soul Transcendence, Responsibility, and Psychic Energies

There have been times when people working within the structure of MSIA have chosen to go to psychics, teachers, fortune-tellers, or "readers" of various sorts to get additional information they feel they need or want. When you are an initiate or student of the Mystical Traveler and are working directly with that consciousness, your process of balancing your past actions is being handled through the protection of that grace. The Traveler teaches that all knowledge lies within you and that you will be awakened to this when the time is right and proper. If you trust that, you do not seek others to tell you about your spiritual life. You do spiritual exercises, study the teachings of the Traveler, and go within to find your answers. If specific questions are of concern to you, you can

always write to John Morton or me and receive answers that way. The Traveler will tell you inwardly or outwardly anything you *need* to know.

If you contact someone who is working from a level of Light awareness in the lower worlds (astral, causal, mental, or etheric) and if that person releases some areas of imbalance, bringing them to your attention and concern, *you* are then responsible for working those areas through your consciousness into completion or clarity. It might be that those things could have been released through the Traveler's grace. It might be that those things could have been released on a level other than the physical. It might be that there were other options for you, which would have allowed you to walk free of that imbalance in this physical level.

Once someone else has brought a situation to your attention, however, it is yours to handle. Because it was initiated by another, the Traveler or Spirit cannot interfere. This applies to anyone you might go to see, whether or not they participate in MSIA, whether or not they are ordained in MSIA, and irrespective of the level to which they may be initiated in MSIA. When you seek psychic counsel from another, you leave yourself open to these possibilities. It is your choice. The Traveler cannot violate your consciousness, so if you go to another for spiritual or psychic advice, the Traveler will back off and not interfere.

If you go to sources outside yourself to get spiritual or psychic advice, you may be giving up part of yourself because you are turning over your power to another individual. The decisions of your life are for *you* to make. John Morton, MSIA, and I do not make them for you because that would cheat you and deny you the experience of your growth. You would forever be the dependent child. If you go to others for your validation, you may also get their psychic projections and/or karma.

MSIA teaches the upward path of Soul Transcendence, which is a path of full awareness and total responsibility. You do not reach Soul consciousness by giving over yourself or your power to anyone outside yourself. The Traveler acts as a wayshower to guide you but

does not take from you any experience that is for your growth and upliftment. When you feel yourself turning to someone outside yourself— whether it is a spouse, a parent, a psychic, an astrologer, or whatever—and putting on them the decisions that are rightfully yours, it is time to take a look at yourself and your life and to find out what within you is avoiding the greater experience of your true self.

If you begin giving over your power and then find that you experience depression, confusion, disturbance, and unhappiness, you might want to consider giving *you* back to yourself and going within to find out what is so for you.

Along these same lines, people sometimes get involved in individual psychic pursuits, such as automatic writing and mental games of asking a question and then setting up conditions that would indicate a yes or no response. Spirit is not a Ouija board. The Traveler is not a Ouija board. John Morton and I are not Ouija boards. MSIA is not involved in fortune-telling.

The Spirit, the Traveler, John Morton, and I are concerned with your spiritual growth and with assisting you in lifting into the awareness of your Soul. The natural knowing and intuition that spiritual awareness provides not only are encouraged but are a primary intention of MSIA. However, whether you wear “red socks or blue socks” is of no concern to Spirit. You make that decision and learn from the results of your decision. If you are trying to decide whether to get married, change jobs, buy a home, learn to ski, and so on, do not put off that decision on anyone or anything else. Make that decision and learn from it. That is the way to progress into Soul consciousness.

If you start playing games with psychic energies, you are leaving yourself open for disembodied entities to feed information to you, most likely from the astral level or lower. When you tune in to the psychic levels, you might very well get a response and you might very well get advice and messages, but the information you receive in this manner is likely to be highly unreliable. You can also open yourself up to messages that might be disturbing to you and cause

great anxiety and fear. You are further ahead not to get involved in any of these areas of psychic manipulation.

There are no rights or wrongs in any of this. The actions are widely different from that of Soul consciousness, and the results that you bring to yourself are very different from the experiences of Soul consciousness. It is up to you. Go for the experience you want in life. Go for the results you want.

You do not have to allow psychic influences to manipulate or control you. You have a choice. You can direct your life into whatever pattern you wish. If you have been under the influence and identity of psychic energies, you can recover the spiritual identity of who you are—who you really are.

On the path to Soul Transcendence, you sometimes have to give up an immediate gratification or comfort for the long-range goal. It may not always be the most popular approach, and the results may not be immediately apparent. *You* have to decide whether it is worth the wait.

Q&A About Psychic Readers and Forms of Divination

Q: Does this information about psychic readers apply to medical doctors or other practitioners?

A: The information specifically refers to "readers," psychics, etc., and the caution applies mainly to two things: (1) if the person you go to brings forward a situation that might otherwise have been handled by the Traveler under grace (for example, in the night travel), you are then responsible for handling it, and the Traveler does not interfere with this process; (2) if you give over any of your power to the person—that is, you begin letting the person make or influence your decisions and how you live your life—and then you

experience disturbance, confusion, etc., that's up to you to handle. Again, the Traveler does not interfere.

Q: What would happen if I go for a reading from someone who says they can read all my past existences in the Akashic Records? Would it interfere with the Traveler's guidance for me?

A: This is a very broad question, and there's no one answer. In general, if a person goes to readers of any kind for information, things may come forward (correct or incorrect) and karma may be released in such a way that the person then has to work it through on their own since they were the one to put it in motion by seeing the reader. The Traveler allows each person to have their own experiences and the results of their own choices. It's a high level of respect for each person's consciousness and freedom of choice.

Q: I think that I am able to read the Akashic Records for people. Can I open to this level of information, and if I do, will it be of value to me and those to whom I minister?

A: This is something that cannot be answered, as randomnicity is at work here. It is never certain whether karmic records can or will be available at any given time.

Q: If I can open the Akashic Records, and if it is for the highest good, how would you suggest I proceed?

A: If you can open them, then the way to proceed also follows with the opening. If you don't really know what you are doing, it can cause considerable harm/damage to everyone concerned, regardless of whether you asked for "the highest good of all concerned," as karmic readings never really came under the highest-good concept; they can come under the "you did it" concept. In other words, a person may or may not have done what the reader says. If the person did *not* do whatever it was, it is pretty obvious that the information can be harmful. If the person *did* do whatever it is, there is an accuracy, but who is to say if it is for the person's highest good that this information be given to them? If the reader

does not know this, they can do harm to the one they tell, as well as possibly take on karma.

Q: I have been using a pendulum to get answers. In other words, I ask a question and then see which way the pendulum swings. What is your view on this?

A: Pendulums generally work in the lower levels (the levels below the Soul), and so any information received through pendulums is subject to the distortions of the lower levels. Some people have learned how to use pendulums with great neutrality, and their information may often be accurate, and other people regularly put their own "stuff" on questions and get very distorted information. When working with a pendulum, a person can open up himself/herself to getting information from disembodied spirits who are looking for a way of communicating with people in a physical body. Many questions asked through a pendulum are curiosity-based, and I wouldn't use a pendulum for those types of things—for example, about past lives, trying to predict future events, etc. For every question asked, there are hundreds of others that could be asked; they rarely have anything to do with Soul Transcendence, and pursuing them can be a distraction. My focus is on Soul Transcendence, not on information from the lower realms.

Q: I have been typing questions to you on my computer and then typing the answers to those questions. Some of the answers are confusing to me. Is that really you responding?

A: Asking questions of me/the Traveler on a computer is inappropriate, and it is not the Traveler answering. Becoming involved in psychic levels (astrology, automatic writing, and Ouija board-type of activities, etc.) often leads to confusion as you open yourself up to energies that can be conflicting because they come from different levels. It is best, particularly if you are confused, to stop looking for answers in the psychic levels. Doing s.e.'s—attuning yourself inwardly to the energy of Spirit and presenting your questions or concerns into the quietness and peace of Spirit—may

bring forward the guidance you are looking for. And you can also look to the Traveler's teachings in the Discourses, MSIA tapes, and MSIA books for what is true and real. If you get answers and information through various psychic means that do not match the outer teachings, you are tapping into something that is not the Traveler.

Q: I am interested in learning the Tarot. Do you have any information on this?

A: The Tarot comes from the lower levels and, as such, can bring in energies that are not the highest around. There is a certain seductive interest in ascertaining "information," but it may not be accurate and, in the long run, may not be valuable in terms of a person's Soul Transcendence.

Q: I use muscle-testing to get answers on what I should do. Do you have any comment about that?

When you do your spiritual exercises and consciously attune yourself to the Soul within, you can move through the lower worlds in perfect protection. You can walk through your earthly life and learn all the lessons to be learned here but not be caught up in the glamour of this level. The best protection you have is your own Soul.

A: I look at muscle-testing as a direction, not a correctness. In addition, muscle-testing deals with the levels below Soul, and there is always a chance that the information is incorrect, just by the nature of its being of the lower levels. So if you use muscletesting, it's always a good idea to check out the information you get and to have the attitude of "this is what the muscle-testing shows at this time about this issue. It may or may not be the full picture, and it may or may not be accurate."

Q: Through muscle-testing, I've been experimenting with ways of talking to God. First, I invoke the Traveler, Jesus Christ, the Holy Spirit, and God. Then I use muscle-testing to direct a conversation with God and confirm communication.

A: This most likely won't be an effective tool to know if you are in contact, as muscle-testing works below the line you want to connect to. In other words, muscle-testing is in lower realms.

Protection Techniques

As I said, the job of the negative power is to strengthen us, and it does attack us, but do not feel that you must avoid all attacks. Instead, strengthen yourself to withstand any attack. Meet it all with loving, and the loving can dissolve it. There are also some specific techniques you can use for protection.

Clear Negative Thoughts and Emotions

Judging ourselves is the basic way that we open to negativity, and if you have negative thoughts and emotions, those can also open you up to negativity. For example, if you are jealous, angry, possessive, fearful, self-righteous, judgmental, etc., the negativity can ride in on those. It can affect both you and the person you feel negatively towards. It is a good idea to become more aware of your own negative thoughts and emotions and to clear them. Doing self-forgiveness and spiritual exercises are the two most effective ways I know to do that.

Protect Your Chakras

Your most sensitive areas are the chakras that are located in the torso of the body: sexual-creative center, stomach, and heart. These are the areas that are important to protect when you feel any negativity coming towards you. Physically, you can cross your legs and fold your arms across your stomach or chest. If it is not too

conspicuous, you can place a pillow, book, or magazine across your stomach and hold your arms over it. Any of these things will help deflect negativity.

Layers of White Light

Shut your eyes and picture in your imagination a white light that is like a gauzy white cloth (e.g., cheesecloth). In your imagination, start building layers of this light around your body, especially your torso. This will help screen out negative influences. Then, in your imagination, picture a candle in the area of your stomach, and see it burning with a purple flame. This flame will help transmute any negativity that might come through the layers of light. It may take practice to be able to "see" in your imagination the layers of white light and the purple flame, and you may need to do this every morning for a while before you begin to see or sense it. It will help you, especially if you do it consistently. If you are a person who does not readily visualize things, you may sense it. You can also hold the intention for it to be there.

Cube of Light

You can ask for "the eight-foot Cube of Light," and it will be there with you for *spiritual* protection on the *physical* level. It is a good idea to place this Cube of Light around yourself often during the day. You can expand the size as you like and, for example, place it around your car or around the whole building you are in. If you are talking to a big group of people or are simply with a lot of people, you can ask for a one-hundred-foot Cube of Light. Since this is for *spiritual* protection, it is also important that you take any *physical* steps needed to protect yourself (for example, lock your doors, pay attention when you drive, etc.).

Aluminum Foil

You can wear aluminum foil across your solar plexus, under your outer clothing, to help avoid picking up negativity. (For comfort,

you can wrap a cotton cloth around the foil.) It can also help when your energy is low and you need to be around someone else whose energy, although not negative, is very high. At first glance, this technique may seem a little foolish, but you might check it out and see how it works for you.

Candles

It can help to burn a candle in your house or office. The burning candle can help transmute negativity.

Aura Balance

Getting an aura balance regularly (every six months) can help you maintain the integrity and strength of your aura. (See page 703 for information on MSIA aura balances.)

Protecting and Clearing Homes

It is a good idea to build up the Light energy in your house, apartment, or wherever you live. You would do this by invoking the Light often—when you leave and come back would be a good start. Simply ask that the Light be there for the highest good of all concerned. You might invite the Traveler and Christ to be there, too. You can also ask MSIA ministers to come to your house and do a house blessing to place a lot of Light there. And, as I said above, you can ask for the Cube of Light to be placed around your home or any other building.

If you have moved into a new house and the energy seems "off" in some way, there are some things you can do. In addition to a house blessing, you might burn candles in each room of the house for 24 hours one day and consecrate the house and all who live and stay there to the Christ. The burning candles will help clear any negativity that might be there. (It is a good idea to place them in a pan of water so they will not start a fire if they tip over.)

You can also choose any MSIA seminar tape and play it continuously in the house for several days; a humorous tape is preferred (e.g., “The Traveler— The One Who Laughs in Your Heart”) or perhaps “Luxor Meditation for Peace and Harmony.”

Finally, you might spend about fifteen minutes each day sitting and holding a focus of Light for your home. See the Light starting from within you and then moving out, perhaps from your heart, into the house. See it filling the home in all six directions (the four sides and above and below), and then see it spilling over into the yard and surrounding area. You also might walk around the perimeter of your house and place Light there as you walk. One person did this daily for a year to clear his home and yard. (See page 189 for an explanation of planting Light columns.)

If you have done these things and still experience negative energy from, for example, an upstairs neighbor in your apartment building, you might try putting aluminum foil all over your ceiling and see how that works; you may also have to do the walls. Give this about ten days to two weeks and see if that does it. And, of course, keep doing the other things to place Light in your apartment.

Q&A About Protection

Q: I have had a really odd feeling of there being irritations, like insects hovering around outside of me, just waiting to get in if I let them.

A: Negativity can often feel that way when being projected from the psychic levels.

Q: Has psychic attack always been around, or am I just more aware of it lately?

A: Psychic attack has been around “forever,” and for a long time I handled it for the initiates. But I have been letting the initiates experience and handle more of it for themselves so they can learn what it is, how to deal with it, and how to strengthen themselves.

And as more people in MSIA have been getting higher initiations, they move into a position to help deal with the negativity more.

Q: When I am around a certain person, I feel as if this person is draining energy from me. Any suggestions?

A: Many people create and send out thought forms that can drain your energy; often they are not even aware they are doing this, although they may be. If this happens as a pattern with a certain person, be double-sure to take the time to surround yourself with the Light and to use the other protection techniques before you even start a conversation with them. Surround yourself first, before you send the Light to anyone else; if you don't, their energy, thoughts, or feelings can come right back to you on that stream of Light you sent out, and you're likely to feel it. And if you do feel the drain on your energy, do s.e.'s to help you rebuild the energy, strength, and vitality within your own consciousness.

When people start coming too close to you, place the Light between you and them, and let the Light take the karma. The Light can handle it.

Q: Sometimes I feel drained in group situations. Is there anything I can do for that?

A: You may not have your polarity in motion so that you give and receive equally. You may be giving too much of yourself, even unconsciously. One way to balance this would be to sit with one hand facing down and the other one facing up, and then switch until you find out which one is pulling energy in for you. You can do this whenever you get a chance. You can actually feel the energy coming in towards you. When you do this, keep your feet crossed so the energy does not dissipate or drain from you again. This technique can help to balance your energies, and you will probably not feel so drained.

Clearing Techniques

What if you have used the techniques to protect yourself and it still seems as if you have picked up negativity? Here are some things you can do to clear it.

Light, S.e.'s, Forgiveness

The first thing is to ask for the Light and the Traveler to help you release and clear anything that is not for your highest good. You can also do s.e.'s, which is one of the best ways to clear any negativity, either within you or from anyone or anything else. And if there is any self-judgment, do self-forgiveness.

General Clearing Technique

You can use this technique to clear people, places, things, etc., from yourself. You put the palm of one hand over your forehead and say the name of the person (or whatever; we can call it X) and then say, "Anything from or through X. Clear, disengage, disconnect." (You can also say something like "cut off," or any other verb that gets across, to you, what you would like to take place.) Then, while your hand is still on your forehead, you ask that this be done through the Traveler, Christ, and Holy Spirit, and you have the intention that it will clear completely. That is it. You might take in a deep breath or two, but you do not need to concentrate intently because whatever is going to happen is going to be done through the Spirit. After you have cleared something, immediately place the Light in and around you; then just let go of whatever it was you cleared and do not look to see if it is still there or not.

You may find that doing this clears whatever it is, or you may find that after about five or ten minutes or so, you feel you need to do it again; in this case, you can just repeat it. Sometimes these essences clear one at a time, so you might be doing it until all of them are gone. In addition, sometimes it may take quite a few times

to clear some of these things; they come off like a peeled onion. Saying "oscillate" can help speed up this clearing process.

One other thing: when clearing a person, you may have to say the person's name backwards. In other words, if you are clearing "John Smith," you may also need to say "Smith John" when you do the clearing, because the name has gone in "backwards."

At the end of the day, you can use this technique to clear "the whole day and everyone in it."

Water

If you have talked to someone or have read, heard, or seen something, and you feel as if you might be out of balance from that, drinking water can help. You can also wash your hands after touching someone (e.g., after having given them a back rub) or reading a letter they have written if you think you might have picked up something from it. Finally, taking a bath or shower can help clear things you might have picked up physically.

Q&A About Clearing

Q: Why is it good to clear my consciousness? (This was asked by an 8-year-old youngster.)

A: It's like driving a car. If there's dirt on your windows, you can't see out very clearly, and if you smudged the dirt, you can't see at all. So you clean it. That's your consciousness. You clean it up and keep it cleaned up. Then you try not to go down those type of roads again because now you can see clearly through your consciousness, through your mind, through your eyes out into the world, so you can see to make the right turns at the right time, to stop and not hit people. If you hold things in your mind that aren't workable—like you got mad at somebody at school or a teacher—when you walk out of that classroom, you want to wash that windshield real clear, and you leave in that classroom what you don't need to go to the

next class. If you're upset, leave it in that classroom. So you clear your vision, which is clearing your consciousness.

Curses

A curse is different from a psychic attack in that a psychic attack is more generic in nature, while a curse is placed with a very specific intent. Curses can be direct (something like "damn you to hell") or indirect (a strong wish—conscious or unconscious— that is detrimental towards another person).

Obviously, it is not a good idea to place out negativity in this way, since it is very likely to come back to you sooner or later. If you sense that someone is cursing you, you can use the clearing technique described above. Personally, when some people have tried to curse me and it was affecting me, I took everything in the house that looked like them, reminded me of them, or caused me to think of them, and I burned, shredded, or dumped it all. It was a relief.

The parts of the body that are the most susceptible to a curse are old physical scars and the area where a tooth has been pulled and not replaced. Emotional/mental openings for curses include hatred, greed, lust, avarice, gluttony, and praying for the downfall of someone. This varies from person to person, of course, and some curses are karmic. You could not receive a curse unless you were open to it or had cursed others in the past, which leaves you open to receive curses. As an extreme example of being open to a curse, in order for witchcraft to be used to attack and kill people, those people have to believe that it is possible, and then they give themselves up to the death.

To clear curses—ones placed against you or ones you have placed —keep surrounding yourself with the Light and ask to work off in the night travel any karma or things picked up during the day. You can also work with the flame meditation (described in *Inner Worlds of Meditation)* and free-form writing as additional tools to help clear

this (see Appendix 1 for an explanation of how to do free-form writing).

Here is another technique that has worked for some people when someone has "implanted" them with an idea or has put out a curse or negative judgment towards them. Write down on a piece of paper whatever you want to clear. Then draw a big X over the whole thing. Burn the piece of paper, and then bury the ashes. As you do this, give it all to the Christ.

By far the most potent approach is to ask in your s.e.'s to clear any karma, psychic attacks, and curses.

Inner Voices

I continually suggest that people *always* check things out, no matter what they hear or see or no matter who says something to them. That is just a smart way to live life. For example, most people are too knowledgeable to believe that everything they read in the newspaper or hear on television or the radio is true. It is the same with anything you hear or see inwardly.

The Voice of the Mind

There are many "voices" that speak to us. When you listen to your own inner voice, most of the time you are listening to your mind, and the mind is taking its information out of the ego. The ego is a product of the mind and the emotions, a composite of all your experiences thrown together, stirred around, and then recycled through your consciousness in forms you may not readily identify.

For example, if there was a time long ago when you felt hurt and upset and then a friend took you out for an ice cream sundae and you felt better, you may have linked those two experiences together in your consciousness. At another time when you are feeling similar emotions, the "inner voice" may say, "Take care of yourself." So you go to the ice cream store and have a sundae, and then you have another. You do not feel better, and when you get sick, you might

say, “But my inner voice told me to have a sundae.” It probably did not say, “Pig out!” That is something you added on to the inner message, which was, “Take care of yourself, feel better.”

Be selective. Attempt to discern the Spirit that you sense communicating with you. Check your levels carefully to see if you can detect where that communication is coming from. Out of past programming by your parents or your school? Out of the basic self attempting to complete some past pattern? Out of a level of fear or not wanting to face reality? There are a lot of possibilities.

The Voice of Spirits

Sometimes the inner voice is not like your voice nor is it a voice that you can recognize. It may not seem to come from your experience, either. This can be more subtle. When you hear a strange voice telling you something and think, “God told me,” it might not be God at all; it might be just some nonphysical flunky who happened to be passing through. In the Spirit world, there are spirits that float by and can move in and out of your vibration, and you may be picking up information they are giving out.

The Voice of Other People’s Thoughts

You can also hear the voice of other people’s thoughts. Sometimes you will express a thought and someone else will say, “I was just thinking that!” You may think, “Oh, my goodness, that thought just occurred to me even though I didn’t want that thought. Perhaps it wasn’t mine at all.” That is possible. If a thought seems foreign to you, keep in mind that you may be picking it up from someone else. If you suspect that a thought is coming from someone else and you want to let it go, you can move your arms in front of your body in a cross-hatching, cutting motion. That can cut (change) the energy around you. When you have the intention of breaking energy fields between you and another person, you will start to break them.

However, you have to ask yourself how much you want to break the energy fields between you and others because you also learn, grow, and serve through interactive experiences.

You may be thinking, “How can I protect myself 100 percent?” But do you want to do that? If I were protected 100 percent, I could not share anything with anyone else. So I have to take on trust and faith in God that the sharing that I do with you or with all the people I interact with is going to be good—good for me, good for you, good for others. As I share with one person, others may benefit from that.

The Voice of Experience

There is another voice within that might be called the voice of experience. It does not come as words; rather, it comes as a feeling-idea, such as, “I shouldn’t go there. I don’t know why. It just doesn’t feel right.” Something inside of you is linking up a present level of experience with a past level of experience and is guiding you. You have to learn to trust that. If you truly do not understand where the warning voice is coming from or what it is basing its information on, you can lean into the experience— being very watchful—and if you discern what the warning is about and that it is accurate, get out. This is called “discerning the Spirit.” You can learn to discern the Spirit by discerning the environment you are in, by knowing when to stay and when to leave.

The Voice of the Traveler

When the Traveler speaks to you, almost 100 percent of the time it is dealing with you in the Spirit world and will not be involved in this materialphysical world. The Traveler is interested in the Soul transcending back into God. The Traveler is not so interested in your body, money, relationships, and so on. Those areas are yours to handle and learn from, and your experience here is the vehicle through which you have come to evolve and learn discernment. (See

chapter 17, The 10-Percent Level and the 90-Percent Level, for a full explanation of this idea.)

If you think the Traveler told you something inwardly, before doing it, look at it to make sure it's for the highest good physically and spiritually. Lean into it, and use your intelligence to evaluate the pros and cons. If you're still not sure, you can write to the Traveler about what you think occurred in the inner realms. Most of you will be able to discern the truth by the time you finish writing the letter. You can then burn the letter and go on about living a Light-filled life. And if you're still unsure, remember this: when in doubt, don't do.

The Traveler will often say, "Whatever you do is fine with me." And it really is, because you are the one doing it. But if you and I are going to be together physically, that is a different story, and there are questions to be considered: How long will we be together? How much is it going to cost? Who is going to be responsible for the money? Who is going to keep records?

When people deal with me in the physical world, they often say, "Wow! You are really businesslike." Yes, I am. In this world, I want to be as secure as possible, and I do that through knowledge. Some people are okay with letting things occur by happenstance. I know they will do that anyway, and, in the meantime, I like to have as much information as possible so I can make the wisest choices available to me, so that I can discern the Spirit to the best of my ability and follow Spirit closely.

Discerning the Spirit

When you prepare yourself to be discerning, when that is your goal, you tune in to yourself and watch for all the signs and signals —both inner and outer—that will assist you. Sometimes when you are unclear, you may seek out other people to assist you. If you seek out people who are lower in evolution than you are, they can assist you right down the path of destruction. Then you say, "Why did I go

to them? Why did I listen to them?" A more important question might be, "Why did I do what they counseled?" You can listen to someone and not do what they say. You can listen to someone and also listen to your own inner wisdom saying, "This does not feel right. I don't think I'll be moving in this direction." That is discernment. You hear what people say and match that against your own experience. Then you make your own decisions.

The Voice of the Emotional Spirit

There is another kind of voice you might hear within, and that comes from something I call the "emotional spirit." You might go to a ball game, a pep rally, a political meeting, or a gathering of people all sharing a common emotional experience, and you fall into their point of view. You become caught up in the emotional fervor and know that they are right. Not only that, you know that everyone who does not share that point of view is wrong. If you move on this emotional response, you may get hurt. Later when you are by yourself and the emotional energy of the group is gone, you may think, "How could I have let that happen? How could I have believed that?" You were caught up in the emotional spirit.

When the Spirit Moves upon You

Test the Spirit. Check it out. Look down the road at the consequences and the results of any action you decide to take. Hindsight is often twenty-twenty vision. Look down the road and see if you can activate hindsight prior to the action. Use your common sense. Use the spiritual guidelines that say, "Take care of yourself and take care of others. Don't hurt yourself and don't hurt others." Those are two spiritual guidelines upon which to base your life, two guidelines that will never get you in trouble. Those teachings are of Spirit. Anything telling you to go against those teachings is not of Spirit.

The Spirit moves through the heart rather than through the emotional content. When the Spirit moves upon you, something that was tentative inside becomes solid. Something that you may have

thought about Spirit or about God becomes firm inside, and you know that you know that you know. Doubts disappear and clarity appears.

The inner guidance you may receive from Spirit within is that small voice in the wilderness of your heart that is telling you the truth. It's saying, "I am the Beloved. I am the one for whom you have been searching. I am God dwelling in your heart." You awaken to that voice through spiritual exercises, through contemplation, and by taking the time to be with yourself away from the distractions and confusions of the world.

If you move out of that experience, you can move back into doubt and confusion, and you are no longer in the direct experience of Spirit. That is okay because you cannot expect to live there 100 percent of the time. But if you have that experience enough—perhaps through spiritual exercises—the knowledge of Spirit becomes more and more solid in you, and you learn to discern the levels of the material world and the physical consciousness (mind, emotions, body, imagination) as being no more than what they are and Spirit as being just what it is: your true home. You always get to choose where you place your consciousness and attention, and the question is always this: Do you choose the material/physical world, or do you choose Spirit?

For More Information

For an explanation of personal-use and public-use MSIA materials, please see page 837.

Psychic Protection (Paperbound book, ISBN: 978-0-914829-69-0). A key reference, having important and useful information about magic, angels, thought forms, and identifying psychic influences.

Many of the clearing and protection techniques in this chapter are described there, also.

"Psychic Violence" (Personal-use audio seminar #7308; personal-use video seminar #V-7308). An explanation and demonstration of psychic violence and information on how to protect yourself.

"The Spiritual Warrior" (Personal-use audio seminar #7333; personal-use video seminar #V-7333; English with Spanish translation). The job of the spiritual warrior and how to bring forward the sword of truth inside your heart.

Spiritual Warrior: The Art of Spiritual Living (Hardbound book, ISBN: 978-0-914829-36-2). A practical guide to integrating your spiritual and material lives.

Online: www.spiritualwarrior.org.

"Which Voice Do You Follow?" (SAT #7082). Distinguishing among the voices heard inside.

"Working with the Devic Kingdom" (Personal-use audio seminar #3201). Information about the devic kingdom and recognizing and working with devas.

"Luxor Meditation for Peace and Harmony" (Personal-use CD #7303-CD). Chanting the Hu to bring in spiritual healing, balance, and peace.

"The Traveler—The One Who Laughs in Your Heart" (Personal-use audio seminar #2605). Who can feel discouraged when they are having a good laugh?

Inner Worlds of Meditation (Paperbound book, ISBN: 978-0-914829-45-4). Includes an introduction to meditation and ten meditations and exercises, such as the Ra, So-Hawng, and Tho meditations and working with colors.

Inner Worlds of Meditation (Public CD set, ISBN: 978-0-914829-64-5). Twelve meditations and exercises on three CDs, including the meditations in the book by this name as well as “The Spiritual Promise.” Done by John-Roger and John Morton.

CHAPTER 16

The Human Consciousness

The human consciousness is most complex. There are nearly infinite layers and levels within. The discovery of yourself can be the most exciting and rewarding adventure you could ever hope to make.

Introduction

Your experience is the only thing on this level that has reality. The physical body changes, the emotions fluctuate, and the mind changes continually. It is your experience that is your most valid reference point.

If somebody explodes a firecracker three feet from you, you experience that explosion. But if someone just threatens to explode the firecracker, you do not have that experience. Words seldom do it for you. It is only when it happens that you have that experience. If someone tells you of spiritual things, you do not have the experience of that. But if the person is truly speaking from their center of Light, they may stir that center of Light within you, and that may be the beginning of your experience.

You are a spiritual being, an extension of God, yet you reside in a negative realm and must deal with a physical body, emotions, mind, and unconscious. There are bound to be paradoxes.

When you start to awaken spiritually, the divine within you will start to push against the falseness within your consciousness. It will

push against your untrue thoughts, your false images, and all other earthly reference points that you have accepted as “you.”

Some people have accepted physical beauty as their reference point. If you are beautiful, you have it made. If you are not, it is a terrible catastrophe because your life will be a total failure. What an illusion! Yet this is where some people live. The programming of our mass media has done a lot to promote this particular reference point. If you accept what the advertisers say, you would believe that to be happy you must have the whitest teeth and the prettiest hair, smell good all the time, and wear stockings that never bag at the ankles.

Your best reference point for anything is your experience. Every experience you have points the way to reality. Even the trials and tribulations are your attempts to shake yourself awake from your illusions that you have created with ambiguous thinking or anticlimactic emotions. Each experience points the way past the illusions and towards the God within.

As long as you maintain alignment with Spirit and bring your emotions and thoughts into harmony with spiritual flow, you can bypass a lot of the turmoil of the world.

The human consciousness wants to cut through the things that are not working for it. It does not want to be dammed up or contained, and it will struggle to break free of those things that hold it down. This is the indomitable Spirit within the human being on this planet. There are people on this planet who are content with the lower energies of the earth, but the person who reaches into the greater consciousness of divine love walks with the Beloved and can have experiences of a transcendental nature and become one with the Divine.

What must you do to ask for the Spirit to come and work with you and assist you? Just ask for the spiritual Light to be with you

and assist you for the highest good and to be with others and assist them for their highest good. It is really that simple.

Tradition has created false reference points for us. Some traditions say that you go to church and pray to your God on Sunday. But what if you need God on Tuesday? I once heard a minister tell his very large congregation, “If you won’t get up out of bed and get down on your knees to pray to God, why should He answer your prayer?” And, of course, the answer is, “Because He is God,” though that was not the answer the minister had in mind. But if your God will not answer a prayer that is really from your heart—whether you are on your knees, on your head, in the shower, or driving down the free-way—you do not have a big enough God. God does not require any special words, any special postures, any special anything. God is entirely present with you all the time. At any moment that you sincerely ask for the assistance of the spiritual Light, it is there. Words are not even necessary. (See chapter 6, The Light, for more about working with the Light.)

The heart knows the truth, and it is through the heart that we perceive Spirit. When the spiritual heart is open, then the spiritual eye is opened. Then love flows back and forth, and the Soul is awakened to its glory. You are in paradise even though you live in the lower world. The physical body will still express emotional and mental qualities, but your energies, your direction, and your upliftment come from the Soul. And that, Beloved, is a beautiful place to live.

God is in all things—everywhere, all the time, entirely present—and from your experience, you can know parts of God. God is nonphysical, nonemotional, and nonmental. God is beyond these levels even while encompassing them. God just is. You can know parts of God from the physical level, but you cannot know God in God’s entirety. The human consciousness can scale mountains, blow up bridges, travel to the moon, or destroy cities, but it cannot tear away the veil that separates the physical from the spiritual because

that veil cannot be torn or pierced. But you can change yourself to move your consciousness beyond the veil of the lower levels and move into the spiritual.

The Energy Patterns of the Body

The physical body is compressed Spirit and is the densest level of the many levels of the human consciousness, which also includes emotional, mental, and unconscious aspects. (See chapter 2, The Realms of Spirit, for a detailed discussion of this.) These are all part of the physical-human experience. All the levels are spiritual, and all are governed by spiritual law. When you work within spiritual law, all aspects of your consciousness can flow together in balance and harmony, allowing you to fully experience your spiritual reality.

It is important for you to understand as much as you can about the body, so that you can make it an effective tool for your growth of consciousness and so you can be as comfortable as possible with all levels of yourself. The body is not wicked, evil, or your enemy. It is a tool, a vehicle designed to give you mobility on this physical realm and to allow certain experiences of the physical realm to take place.

The body is the temple for the Soul on this physical level. For these reasons it is important to keep the body healthy and fit, able to assist you in your spiritual progression and not hinder you. If the body is in a state of disease, pain, or discomfort, it can distract you from the awareness of the spiritual. Being too concerned with the body can also distract you. The most balanced action is just to keep the body healthy and in shape so that you are free to move your awareness away from the physical into other levels.

You do not have to go anywhere special to be in church. You *are* in church, and you are on sacred ground. That is why you take care of your body, to keep the church, this temple of God, clean, lest the temple become offensive. You wear nice, clean clothing, wash your

hair, and keep yourself looking nice so that people can see that there is a beautiful temple wherein resides the Spirit of God.

Because the body is a temple for the Soul, you do these things; you do not need any other reason. You do not have to dress, style your hair, or do anything else for any other person. You keep yourself attractive to please yourself, to please the God within.

A long time ago someone said to me, “You wear your pants too short,” and I said, “Why don’t you buy me some new ones?” The person looked at me strangely, but my point of view was that my pants were clean and neat, and just because styles had recently changed a little, I did not feel it necessary to buy a whole new wardrobe. But if it was of concern to that other person, then my point of view was, “Okay, *you* fix them.”

Worship the Divine within you. Look for it. Nurture it. Express it. Experience it. The planet Earth is at the far end of the pole from pure Light and Spirit, yet the purest Light and Spirit dwell here, also, in you.

People are going to think whatever they are going to think, no matter what you do. You cannot please everyone, but you can please yourself. What if you have a beautiful, thick, shiny head of hair, and your girlfriend really loves that? But what happens if you start going bald in a few years? Was her love based on your hair? Let’s hope not. Let’s hope we can all see beyond the illusion of the physical body to the beauty of the Spirit.

Many times it has been said that the eyes are the window of the Soul. The eyes may be one of the most beautiful features of the physical body, and as we look into people’s eyes, we are looking into their Soul. And lest you fog that window, be very careful. Use your wisdom. Do not abuse your body or corrupt it by taking into it things that will disturb or destroy the natural nerve functions. Take into the body those things that will make it healthy, those things

that will give it strength and beauty. That is exercising wisdom. (See chapter 22, Health, for more on this.)

Wisdom is given to all, but only a few choose to use it. If you decide you want to use your wisdom, you will get many, many chances to do so. You will discover where wisdom is. Some people think wisdom is found in the encyclopedia, the dictionary, universities, or libraries. It may be, and it may be in other books, too, or in your little son or daughter. But you will probably find that wisdom is within you because wisdom comes from God, and God is within.

Joy and happiness also come from within; they are attributes of God. People have often asked me, "What is the happiness and joy that seems to reside with you, John-Roger? It seems like it's always there, like you're going to start laughing any minute." That is God. A lot of the time, I do feel like I am going to crack up laughing because this energy of love and joy is as strong as the Spirit. The love and the joy are of God.

In MSIA there is so much joy and laughter, and people have so much fun. Sometimes it shakes people up a little when they come into our events because there are jokes and laughter and more jokes and more laughter, and some people think that "spiritual people" do not do that. I have news for you. Spiritual people *do* do these things, just because they are spiritual people. Spiritual people can do almost anything as long as it is not harmful to themselves or anyone else. But spiritual people do not get caught up in anything. They are in a constant state of flow. When it is appropriate to laugh and have a joyful time, then that is what happens. When that energy shifts and it is time to be quiet and contemplative, then that is what happens. When it is time to go out in the world and work, then that is what happens. The spiritual person is always open to receive the flow of energy from Spirit and move in whatever way is indicated, freely and in love.

As soon as you find yourself locking into a preconceived notion of how things "should" be, be careful. If you feel that you have found God and you lock on to that, you may have locked yourself away

from all the other possibilities. God is in all things and is all over. If you lock on to God, do it with just one hand, and with the other hand, reach up and see if you can find a "higher" God. If you do, let go of the other, hold on to what you have, and again reach up a little higher. God knows no boundaries, so why try to put a boundary on God from a three-dimensional consciousness?

God is "365 degrees." I know a circle is 360 degrees, but God is more than that. There is always more, always an "et cetera." There is no way to know God fully from this physical consciousness, but if you always keep reaching, keep stretching, you will find God. If you get caught in an illusion, it is not a big deal. If you keep moving, you will move right out of it.

This physical level is a world of illusion. We all function in illusion of one kind or another most of the time, and it does not matter. It is only of concern if you get stuck in the illusion. Illusions can be really important; they can help maintain balance for a time. If they are working, stay with them. When they stop working for you, let them go and find yourself a better illusion.

Realize that there are valuable lessons to be learned from and in the "games" of the world—and if you were not still in the process of learning and growing, you would no longer be here in a physical body.

Part of the reality of the physical experience is having a physical body and accepting that there are certain "programs" inside of you that must be fulfilled. You have to eat, and you probably feel better when you eat certain kinds of food. You have to handle your education within the society in some way, usually by going to school. You have to please certain people, and you have to become aware of those things within yourself and others that will help you maintain your balance. This is the movement of spiritual inner awareness. It is something inside you that is invisible, yet it is an awareness that is so real.

You have probably studied, read, and experienced enough to know that your physical body is not who you are. You are that intangible quality of which you get glimpses every now and then. You know that intangible you when you watch your child growing up and feel the love that goes beyond everything. Sometimes you know that intangible you when everything around you is going wrong, and then you see a beautiful sunrise, watch a bird soaring, or see a child smile—and you feel good in spite of it all. You know that intangible you when you sit very still, bring your emotions into neutral, and quiet your mind so that you know that there is something else behind all these levels, something that can control and direct the body, emotions, and mind. And it is the essence behind it all that is *you*.

> *Love the physical level, maintain it, and enhance it in every way you can. Bring joy and happiness into the emotions. Keep yourself balanced and your expression loving. Think uplifting thoughts. Speak kindly of others. Keep yourself clear; don't criticize or even discuss others. Take care of yourself in every way possible*.

The only way to know that intangible, invisible you is to go to the point where it exists. That may not be an easy point to find; it can be a most difficult journey. To find it, you may have to be the super-scientist. I am not speaking of the earth-type of scientist, but of one who looks—no matter what the cost, no matter where—into truth. Truth can never destroy you. It amplifies you and makes you be that which you are. Truth will free you from illusion and direct you always into who you are. There is nothing to fear from truth.

There are many levels of both illusion and truth, and they can exist side by side. It sounds like a paradox, but it is not. On one hand we say that the physical body is an illusion, and when it is perceived from the higher consciousness where there is only Soul, only Spirit, it is true that the physical body is an illusion. On the other hand, while you are here on the physical realm, working

within the human consciousness, that physical body is very real, and there are many truths related to this physical experience.

Each level of existence functions on certain energy patterns and frequencies. There are patterns or “flows” of energy all around, all the time. In essence, everything in existence is a certain configuration of energy; energy is the substance of which everything is made. If you are attuned to an upward flow of energy, you will most likely be feeling pretty happy and perceive that things are going well for you. You will feel healthy and vital in your approach to life. If you are somehow blocking the flow of energy or are attuned to a downward flow, you may feel ill, depressed, or unhappy with the way things are going.

Understanding more about the energy fields of the body can be very helpful to you. Within the physical body there are two magnetic fields of energy, one positive and one negative. They are paramagnetic force lines. They come down through the top of the head together and then split off so that one comes down through each side of the body. We can work with these energies in many ways.

Have you ever noticed that when you are in a one-to-one confrontation with someone who is a stranger or someone with whom you do not feel a rapport, you will usually sit with your arms folded or with your legs crossed? When you cross your legs or arms, you are “short-circuiting” the magnetic energy lines and are holding the energy within your own force field. You are holding the energy field and not allowing the energy to flow freely across to that other person. You are also protecting yourself from receiving from the other person an energy which may be disturbing to you. This can be a good way to protect yourself and to conserve your energy. But if you are in a situation where you want to make the other person feel comfortable and at ease, you would want to sit in a more open position, with your arms and legs uncrossed. They will feel the flow of your energy. If it is of a positive, loving nature, they will most probably feel pretty comfortable with you and with the situation.

There are certain planetary energies that the human body picks up from the earth itself. We often call people “earthy” when they are attuned to this energy and work with it. It is a very powerful energy and can be a very healthy energy. When people go down to the beach, they want to take their shoes off and walk around in the sand. Or do you remember how, as a little child, you liked to roll down a hillside or play in the mud? And many people find something very comforting and healthy about working in a garden. All of these things give contact with the earth and the energies of the earth.

Have you ever watched a good salesperson at work? Often they stand with their feet and knees close together. They pull the energy up and push it out their mouth and eyes. You can feel the push of this energy. You may feel overwhelmed, you may find your own energy short-circuited, and you may find yourself giving in, and you may dislike it. You know they are going to make the sale and you know that your spouse is going to be furious with you, and still you cannot say no. They find your weak spot and direct their energy there. Often they direct the energy through their eyes to yours and stare you down. If you want to block the energy force when someone does this, look at the person’s ear instead of looking the person in the eye; you disperse the person’s energy that way because you are no longer captive to it. Then, when you respond to the person, focus again on the eyes or on what you feel is the person’s dominant eye, and direct the energy of your consciousness past them. In karate, much of the power of the movements comes from the force field of energy that is projected past the object being hit. The energy is not directed *to* the object; it is directed *past* the object. When you want to get a point across to someone, talk past them, and when you are finished, move your eyes away from theirs.

These techniques work with the magnetic light, not with the spiritual Light. (The magnetic light is the energy of the levels of consciousness below the Soul, as was explained in chapter 6, The Light.) They are techniques that will work for you in this physical world. As you work with the magnetic light, however, keep in mind

that what you create will be returned to you. So, if you practice these techniques, keep your consciousness as clear and as neutral as possible. I am not mentioning these things so that you will abuse this awareness or so that you can play "one-upsmanship" on your acquaintances. But many people know these techniques, consciously or unconsciously, and you also have the right to know them so that you can protect yourself and be capable in your dealings with other people.

There are many indicators in day-to-day human exchanges that show how a person is working with the energy patterns of their body. It is important that you learn how to keep the energy balanced in yourself and be able to consciously direct it in the ways that will be most effective for you.

The Energy Patterns of the Emotions

There is great security in knowing that all things come from God —even lousy attitudes, depressions, and negative emotions. Everything is of God. God is multidimensional. God is everywhere, in all levels of consciousness. The things we term "negative emotions" (such as anger, lust, revenge, hate, greed, etc.) are experiences for you to go *through*. If you learn what they are all about, you will not have to repeat those experiences. If you do not learn, you will probably find yourself going through them all again. Either way is okay. This level is built for success, and everybody makes it eventually.

The emotions were set up within this lower world as a means for you to sample the awareness of God's body, to gain communion with the universal worlds inside of you, and to become a responsible creator, a co-creator with the higher forms of positive energy.

The emotional make-up of the human consciousness is an aspect of energy patterns. When the energies are lifting, you are probably feeling okay. When they are dropping, you are probably feeling low. These energy patterns do flow in cycles, and there are some days when you feel more "up" emotionally than others. Whether you are "up" or "down," do not judge yourself. When the energies are up, use them to get a lot accomplished. When they are down, use them to rest, contemplate, relax. Whatever you are feeling emotionally can be used as a tool of your consciousness.

For example, if you experience a little jealousy, that is fantastic; make it work for you. Learn what it is. Experience it fully, and you will free yourself from that pattern. But you may really have to go into it all the way, until you see all its aspects, all its illusions.

You do not have to be what is called a "spiritual person." You are already a spiritual person, just by the nature of your existence.

A woman came to me for a counseling one day, and she said, "I feel so bad. I'm really slipping back in my spiritual progression."

I asked her, "How on earth do you know something like that?" If she had really known enough to know that she was slipping back, then she would have known she was not slipping back. (If you think you are slipping back or feel you are slipping back, you are not perceiving clearly, so why judge yourself because of an error in perception?) But she was really feeling low, which she thought was an indication of slipping back. There is nothing wrong with feeling low or feeling down. It is normal. It happens. And when it happens, it is a great opportunity to look at the things you are doing or participating in that are apparently not working for you. So I asked her what the problem seemed to be, and she said, "I'm so lonely. Nobody loves me."

I said, "Well, if you think I'm going to love you when nobody else does, forget it. Maybe they know something I don't." She laughed,

and I said “But I will work with you to get you through this. When you feel that no one loves you, it is usually because you are not feeling love for yourself or for that other person, and you have separated yourself from that center of spiritual Light within you. When you love yourself, then it’s easy to love other people and to have other people love you, and that energy of Light and love is flowing freely. I’m not talking about lust, desire, or sexual expression. Those are different from love. I am referring to love as a universal flow of spiritual energy. You are loved just because you are. A special show of affection by another individual is really not necessary. To be loved, you don’t have to do anything except be. That is absolutely enough. That’s the way life is: because you are, you’re enough. The energy of love is the energy of Light. It’s everywhere. All you have to do is attune yourself to it.”

She listened to all that and then said, “But my husband doesn’t love me. He doesn’t spend time with me. And I get so damn jealous.”

I said, “Really? That’s neat.”

“Neat? It’s tearing me apart inside, and you say it’s neat?”

“Yes,” I said. “You can use that jealousy to bring yourself back into line and back into your husband’s good graces. Maybe you’ve been taking him for granted. Maybe you’ve been riding on your assets and not working to maintain the love and the romance in your marriage. Maybe you’re falling apart and becoming a liability.”

She acknowledged, “Yeah, maybe.”

“So,” I continued, “use your jealousy as the motivator to bring all the things that were out of line back into balance.”

She said, “By damn, I think I will.” She went to work on herself, did the things that brought her self-esteem back, and got her husband’s affection back. Some time later, however, they decided to divorce, and some of the old, negative emotions came up, and with that came some vindictiveness: she was going to take him for everything. I happened to see her and asked, “What do you want to do here, hurt him or just get free?”

She said, “I just want to get free.”

“Then don’t hurt him. It’s not necessary.” She got it. She had lost track of the freedom she was moving towards and of the love that was present.

There is no reason to negate the universal love that exists between all human consciousnesses regardless of individual personality expressions. We are all one in Spirit. When you separate yourself and place yourself against another consciousness, you have separated yourself from and denied the God within that person. And since that is the same God as is within you, you are separating yourself from your own God; you are denying God. The result will be pain. There is no way around it.

While you are on this level, you must create out of the elements here. Joy comes from the causal realm, out of the emotional elements.

You do not have to spend a lot of time with everyone to prove you love them. You do not even have to feel a close rapport with everyone’s personality. You do not have to live or sleep or go bowling with everyone. But to recognize that everyone is an extension of God—that is important. And it is important that you do not set out purposefully to harm or hurt other people. Through Spirit we are one, and divine law says that what you create returns to you, so be smart. Create harmony, peace, joy, and love. Then when that is returned to you, it can only lift you higher.

Many times it has been said that you can know the presence of the Spirit by the presence of joy in a person’s consciousness. Does that mean that the person is telling jokes and laughing all the time? Happy can be a lot of things; it can be calm, quiet, contented, loving, free. You can be watching a good movie and be happy. You can be watching a lousy movie and be happy. You can be surfing on a perfect day and be happy. You can be changing a tire on the highway in the rain and be happy. Happiness is an inner state of

"rightness" and may have little or nothing to do with outside circumstances. Happiness comes from the joyful recognition and knowledge that you are of God and that all your experiences are for your learning, growth, and spiritual evolvement.

Emotions are only a tool for your learning. You always get to choose, with every situation, what your attitude will be. You can choose to cry and bemoan your fate, or you can choose to do the best you can with what you have, keeping yourself as balanced as you can. Have you ever felt really bad physically or emotionally, but underneath the hurt had a warm feeling that the pain would pass away and everything would be okay again? Some people call this kind of attitude "Pollyanna," but I would rather live there than in the other choice. People ask, "Well, what happens if you come to the end, and your Pollyanna consciousness hasn't worked?" I suppose *that* time will be good enough to find out. In the meantime I have had a very pleasant journey.

This life is for living, but it is not so much an outward living of life as it is an inward living of life. Much of the reality is in your attitude, your approach to life. And the things you place out are reflections of where you are inside. It is that inner attitude that is all-important. If you are coming from truth and honesty inside of you, you will not go too far wrong.

We have a saying in MSIA: dishonesty forfeits divine aid. It means that if you approach things in a dishonest way (from any level: physical, emotional, mental, spiritual), you are on your own, and you will get to handle the consequences on your own. Let's look at *where* the divine aid is actually forfeited. We say that the Kingdom of Heaven is within. We say that the way we go into the spiritual world is to go into the tenth door (the spiritual center, or chakra, at the top of the head) and the top part of the third eye (the spiritual center in the middle of the forehead). That is where we meet up with the Lord. So, if dishonesty forfeits divine aid, where must you be dishonest in order to forfeit the divine aid? Inside of yourself.

If your approach is an honest one, the energy of the Light will help you out if you get in trouble. If you make a mistake, you can go

back and clear it. If you have stepped on someone's toes, you can go back and say, "I'm sorry. I really love you. I didn't mean to hurt you." Sometimes it can be hard from the personality level to say, "I was wrong," but the Soul does not care if you have to say that, because that is honest. You have admitted an area where you are lacking, an area where you can grow. That makes the Soul's job easy because you are not blocking the Light from getting in there and helping. It is only when you try to hide your lacks or cover them up that things become difficult.

Most of us have to confront what I call the "god of opinion." This is the god of "What will the neighbors think?" and the god of "Do I dare look you straight in the eye and honestly admit I love you, without placing out any demands on you?" To face these "gods" takes great courage. But if you cannot approach life honestly, then there are areas within you that are not quite right. There are areas that need to be looked at, and they may be physical, emotional, or mental. It is not easy to keep them all clear and honest and open, but that is the goal, and it can be realized.

As you become more balanced in both your inner and outer expressions, your life will become more balanced. The physical level becomes balanced as you find yourself eating better foods and monitoring how much you put in your mouth. Your emotions become balanced as you learn to love yourself and take care of yourself first and to do those things that bring you joy and fulfillment. The mental area becomes balanced as you learn to think positive thoughts and to communicate more clearly with yourself and others.

It sometimes can be difficult to be totally honest in our interactions with other people because there are so many levels within us. The emotional area may say, "I'm not too sure I want the truth: just tell me you love me." And the sexual area may say, "Tell me you've been faithful and true to me, even if you haven't been." The mental area may say, "Just tell me the truth. I can handle it."

And the spiritual area says, “It really doesn’t matter. It’s not going to make that much difference anyway, because we have to live from right here and now at any given moment.”

Sometimes you may think someone cannot handle the truth, so you feed them half-truths, excuses, or lies—anything to make it “easier” for them. But you are not really helping. If you really love people, you will tell them the truth. If you approach them with love and ask God to help them see it clearly, you can always approach people honestly. Sure, the truth may hurt them, but only for a little while. The hurt of lies and deceit goes on and on and becomes more complicated with time.

The one quality that is the most valuable in your interactions with people is the one you most often hold in reserve, and that is your love. You may think, “If you love me, then I’ll love you,” and the other person may be thinking, “If you love me, then I’ll love you.” No one will make the first move, and it is a standoff.

Sometimes you may think, “Well, maybe I’ll love you a little bit and see how it’s returned.” But if the love is not returned in a way you can recognize, then you are likely to feel shorted on the receiving end and as if you extended yourself too far on the giving end. Probably, though, you were short on the giving and that is why you feel short on the receiving. If you had given 100 percent of your love, then you would not feel shorted. You would feel complete.

When you feel short-changed, taken, or misused, do you strike out in revenge and in hurt? Or do you say, “I must go on anyway”? There is really no choice in your ultimate action. You will go on. But there are two choices in your attitude. One is to cry and the other is to laugh. And if you have that choice, why cry? Why not laugh? It is more fun and more joyful, and it will help attune you to the higher energies of the Light and Spirit.

Spirit is joyful. The nature of the Soul is joyful. The personality is not always joyful, but if we can bypass the barriers, obstacles, and disturbances of the personality, then we can discover the true self

within and move into the oneness of consciousness that allows pure love to be given and received.

Everyone tests everyone all the time in an effort to break through the layers of illusion that surround the true self, the self within that is clear, honest, and loving. Husbands test wives; wives test husbands. Children test parents and each other. The essence of all the testing is, “Do you love me or don’t you love me?” The husband may come home from work at night and ask his wife, “Do you love me?” She says, “Dinner’s ready and I fixed your favorite dessert.” A little later she may ask him, “Do you love me?” He says, “I give you my paycheck every week.” What they are both really saying is, “Yes, I do love you, but I love you my way. I love you in the ways I am capable of loving.”

One may say, “But I want to be loved *my* way.” The other asks, “What is your way?” The answer often is, “I’m not too sure. But what I think I would like is absolute and total control over you.” Well, there is not too much chance of that. People must be given the freedom to express and demonstrate their love as they see it. It is really simple. If their love for you does not include waiting an hour in the rain for you, it is not a catastrophe, and it does not mean they do not love you. It just means they do not want to wait out in the rain for an hour. And that is okay, even if *you* would wait for an hour in the rain for *them*. These levels do not have to match. It can still be love.

Go ahead and just be happy.

Some people feel that they go through a lot of hell—the hell of their relationships, the hell of their environment, the hell of their attitude—and no doubt they do. But all you have to do is shift your attitude and call every situation a learning experience because, in reality, it is. Call it a stepping-stone, not a stumbling block. It is attitude you are dealing with. It is the difference between saying,

“Good morning, God!” and “Good God, morning.” It’s the same day with a different attitude. You can work it either way. But since you have a choice, you might find it more pleasant to call in the positive energies of Light and love and let your own inner Light shine for the day. You may find that if you go out into the world with this little bit of spiritual attunement, things will go pretty well for you, and you will not have too many problems. You may also have a lot of people coming in close to you to share the Light and the love you are manifesting. (See chapter 18, The Importance of Attitude, for more information on this key concept.)

You cannot control the mind or the emotions. You can direct them the way you want them to go. When the emotions flood forward, you can stand clear of those emotions. You can change your direction; you can place a new direction for yourself to move mentally and emotionally. You can demonstrate your ability to assert and maintain dominion over your inner environment.

The Energy Patterns of the Mind

All the levels of human consciousness are connected, and they all affect one another. If you feel depressed, that is emotional, but it may be compounded (or even caused) by the mind. If the mind thinks, “I can’t do what needs to be done; I’m not competent; I can’t do it,” then the emotions go down, and the physical level can start feeling ill or tired. The best cure is physical action. Movement destroys depression of this sort. The mind and the emotions are attached to the body, so if you are up and moving, and not sitting and thinking about your inadequacies and feeling your faults, you are more likely to change your consciousness into one of greater energy and Light.

In the greater manifestation of energy, you bypass your own restrictions and find out you can do what you have to do.

Sometimes when things really start moving, your consciousness can get a little frightened because the mind tends to equate excitement with fear. Something unusual happens and startles you, and you say you are afraid. It may be just the excitement of something new and unusual, but the mind may identify it as fear, when it is really just a thought stringing you out.

The challenge is to make your mind hold a focus until you complete the action of your thought. If you learn only that, you will have overcome this earth.

In order to work really effectively with the mental level, you must hold your mental energies together and focused on whatever is necessary. Maybe you are studying for an exam, and as you get to the last page of your notes, you realize that you were not really concentrating on what you were reading. Part of you was off playing pool or surfing at the beach. The energies were split—the energies of the mind going one way, the energies of the emotions going another, and the body sitting there blankly staring at the page. This is not an effective use of the mind. You go back over the same notes and say, "Oh, yeah, I remember." That is twice over the same material. Once for warm-up? It is much better to focus all the energies on the job at hand in the first place. It will save you time and energy.

When you relate with other people, whether in personal situations, on the job, or at school, hold your mind steady with whoever is relating verbally to you. Do not jump ahead to conclusions. Do not assume you know what people are telling you. If you run your mind out ahead of them, you may find yourself out in left field. Just hold your mind to the points they make, and reserve evaluation until all the facts are in. When you are receiving information, that is all you have to do. You do not have to believe or disbelieve anything until you have all the information. If someone asks you what you think, you can say, "Nothing, at this

time." Thinking takes time; it takes reflection. Reaction can happen fast, and you can put your foot in your mouth very quickly. If people react to something you say and then demand your reaction, you can short-circuit their energy by using your intellect and just maintaining your center of Light.

Words can be very, very powerful. We can place out a great deal of energy through our thoughts and words, and people can control through thoughts and words. Advertising uses magnetic energies to sell products. Teachers, lawyers, and politicians place magnetic energy with their words to get their message across. When you recognize these levels of magnetic energy, you can deal with all of them more intelligently and with more conscious direction. You do not have to be taken in by the words of others. As you learn to separate the illusions of the mental level from the reality, you will be more effective in maintaining your neutrality.

The mind has two major aspects. One is the process of mentalizing, which functions much like a tape recorder. With this process, the mind can play back whatever is put into it. It is a level that is programmed with certain information, and it learns to repeat the information at appropriate times—and sometimes at inappropriate times. This is almost a reactive type of process. The other aspect of the mind is that of intellect. Intellect is the creative part of the mind that is able to synthesize information and innovate designs and ideas.

By activating the intellect, you can bypass the reactive part of the mind, and it is through the intellect that you can bring in the consciousness of the Light. The intellect can recognize the levels of magnetic energy and can deal with them from a position of positive redirection. When something comes into your consciousness laden with negative magnetic energy, you can clean it up and place the spiritual Light there, which is a way of unpolluting the consciousness.

You can place out Light and love through your thoughts and words. You can maintain a Light attunement in your mind and always move to the Spirit behind the words you hear. You can help

clean up verbal pollution by not repeating gossip that you hear, by not repeating words of negativity. You can hold your mind steady and not react when you hear negative words. Can you imagine what it would be like if everyone on the planet, for one day, did not say or think anything negative about any other person? I think we would have paradise immediately.

You have to be very careful of the thoughts you allow to dwell in your mind. Keep them positive and uplifting.

If you find yourself entering into negative patterns of mentalizing, there are a couple of good keys to help you out of that pattern. One is the fact that it is not so much the thoughts that go through your mind that are of concern as the thoughts that you *hold* in your mind. You may think many, many things in the course of time. Thoughts come and go rapidly. Some thoughts are yours, some may be projections from other people, and some may be just cycling through the environment as energy patterns. When a thought is placed out with the energy of the magnetic Light with it, it will continue in existence for a long time, long after its usefulness is through (if there ever was a usefulness). These thoughts keep cycling around, and you can pick up on them every now and then. Do not be concerned, but do not hang on to them either. Just watch them move through your consciousness, and then let them go.

Negative thought-forms can be dissolved with the spiritual Light. If you have a recurring thought about a person or a situation that is less than positive, just place the Light with it every time it comes into your mind. Place the Light with the person or the situation, and just let it go. This will dissolve the negativity.

If you want to help clean up mental pollution, it is important that you do not carry over negative thoughts from one day to the next. If you go to bed and there is still a negative thought within your mind, get up and write it all out, and then burn the paper. This will help

release it from your consciousness. If the thought comes back in the next day, repeat this process. Keep it up until the thought dissolves and is no longer present in your consciousness.

Another key, when dealing with the mental level, is to talk about only those things that you *have done*, not about those things that you are *going to do*. Speak from your experience, and you will not get in too much trouble. But words before the fact mean very little, and they can really catch you in levels of illusion. If you say you are going to Mexico someday, there is not too much anyone can do with that information; it is just a mental projection. But if you say that you have been to Mexico, you speak from your experience. If someone has had an experience that is similar, you have a basis for communication. Perhaps the person says, "Tell me about it. What did you like best?" You answer, "The sunsets and the fishing, especially watching the flying fish jumping out over the water." They say, "Yeah, you really have been there." Then you can share with one another your experiences.

When someone questions you, you may sometimes think, "Who are they to question me?" Yet it can be good to ask a valid question and get a workable answer. That is communication. The only trouble is that too often one question gets an answer that produces another question that gets another answer that produces another question. This may go on and on, and you end up with very little of anything except a lot of words. That is the process of mentalizing, not the process of the intellect.

Words can sometimes be very effective tools to move the consciousness and to activate the level of doing. You ask your son to do the dinner dishes. He says, "Sure," but an hour later the dishes are still on the table. So you say, "The dishes aren't done," and he says, "I'm going to do them." Half an hour later, they are still not done, so you say, "Get them done—now!" He says, "Give me a chance." At this point, you can say, "You've had your chances. Now do it." He says, "Okay, I am." You say, *"Now!!"* So the dishes get done. When you understand this process of using words to activate the physical, you can be very effective in this action. You can direct

energy into your words to move that other consciousness, but in your emotions you can remain detached and neutral.

The mind is not necessarily a tool for understanding. It's a tool for gathering information. The spiritual heart is the tool for understanding. And the Soul is the "tool" for truth.

The mind is a tool of the consciousness. Depending upon how you use it, it can enhance or hinder your progression through life. One trait of the mind is analyticity. The analytical person wants to know who, how, where, what, why, and when. When this trait is not directed, the person is asking questions long before you have a chance to finish what you are saying. The person is jumping ahead to your supposed conclusions. If you allow this, if the person succeeds in moving you ahead of your timing, you may get "spaced out." For the thought, you cannot get a feeling to match. Or for the feeling, you cannot get a matching thought. Or if you get the feeling and the thought together, you cannot activate it physically. This gets to be a difficult place to be. It is called frustration and ineffectiveness. Remember when you were in school and took algebra or geometry? The teacher could lay out an equation on the board, and after three weeks you finally got it. In the meantime, the energies of the teacher and your energy were not matching. You were saying, "Show me. Explain it to me. Show me how it works." This is the analytical trait being directed, being used.

Skepticism is another tool of the mind. It can protect you from being made to look like a fool, or it can block you from recognizing the validity of something new. Both these traits—analyticity and skepticism— can be healthy and useful to your consciousness. It is when you use them in negative ways that they are less useful. If you say, "That can't be so; you can't prove it to me; you're wrong," that approach can block you from your own greater unfoldment. But it is

healthy to say, “I’m going to check what you say through my own experience, but tell me what you perceive.”

The mind can become really facile with words, but words are valid only when they are backed by action, by the experience. It is like the man who asked his friend, “If you had two Cadillacs and I asked you for one, would you give it to me?”

His friend said, “Sure.”

“If you had two yachts and I asked you for one, would you give it to me?”

“Sure.”

“If you had two shirts and I asked you for one, would you give it to me?”

His friend said, “No.”

“Why not?”

The friend said, “Because I have two shirts.” What we do not have is easy to give away—on the word level. The level of action can be a whole different thing. It is nice to accept what people say, but before you believe them, see if their actions match their words.

One time I was watching a television interview of a young celebrity who was reported to have made a tremendous amount of money in a very short time. The television host said, “I hear you’re worth five million dollars. What do you have to say about that?” The young man said, “That’s an awful lot of money.” He did not say whether he was or was not worth that. All he was doing was acknowledging that the host had said something. It was a beautiful example of not offending anyone or shutting off the flow of communication, yet still not divulging any personal information.

People often ask me my opinion of their decisions, and I will often say, “Sounds okay.” I am not really saying anything at all. I am not giving out any information or even indicating an opinion. I am just acknowledging that they have said something to me.

We have to be careful that our words represent as closely as possible the Spirit that exists behind our words, the energy that

gives them life and meaning. What happens when you have an argument with someone? Both your points of view may be valid, but if you "win" because you can blast other people with a greater amount of magnetic energy and make them feel less than they are, have you really won anything? No, because you have enemies waiting to get you out on a limb; they will watch and wait and pick on every word you say. And when they get you out there, you will get that sickening feeling that the limb is being sawed off behind you. As it lurches and plunges, you will think, "How can I save myself?" The only way to save yourself is to fall back on honesty. You can play with words, twist them around, and confuse and confuse and confuse, and you can string people out mentally, but this is not the way to find the spiritual essence within.

With love all things are known, but with the mind only the surface is known.

Let your mind be a tool that helps prove to you the existence of the Divine. Let your words be the tool to communicate your Light and your love to others. Use the traits of the mind to create those things that will bring joy, love, and harmony to people. Do not get caught up in the negative patterns of mentalizing. Hold the thought of the Light before you and it will lead you into greater Light.

Having a Match Among the Mind, Emotions, and Body

If you want your energies to be lifting, if you want to realize your highest potential for joy and fulfillment, then you must pledge to yourself that, from this moment, you will become more and more aware of what you are doing *now*.

To accomplish living in the now, you hold the emotions in an "up" consciousness, keep the mind focused on completion in the present moment, and keep the body healthy and able to hold the energy of Spirit. When you can do this, the consciousness expands to greater capabilities. Then comes the responsibility of holding your energies more in that greater field, and, of course, your reward is the ability to do more. Then your consciousness can expand to an even greater capability.

When you live in the now, you can bring yourself into full awareness of the moment. You bring yourself into awareness of your body. Should you be hanging up your clothes? If so, move your physical body to hang them up now. If you don't, an hour later, they will still be there, waiting to be done now.

Perhaps you have prayed for a better job. Maybe you cannot have that because your sloppiness is blocking you. If you cannot adequately handle your responsibilities now, how can you hope to handle greater responsibilities? So be aware of the responsibilities you have physically and fulfill those. Prepare yourself physically to complete what you say you will complete.

As you increase your awareness of now, look at the level of your emotions. You have no responsibility to past feelings or probable future feelings. Your responsibility is to now. All you need to do is accept your emotions in the moment, work within that present structure, and continually let go and move freely to the next moment. This method automatically handles past feelings since you always keep yourself up to date. It is all now. No moment of awareness is not now.

The next level on which to focus your awareness is the level of the mind. What thoughts are you having now? Where are they leading you?

In its positive aspect, the mind works to hold a thought pattern and to verbalize the creativity of completion. When it does this, there is no procrastination. The thought

matches an emotion, which matches the creative imagery, which manifests through the body into physical action in the world. As soon as you can match your thoughts, feelings, and physical actions, you move into a greater whole, which is Spirit.

To achieve an action that is fulfilling, that leads to joy, you need a match in thoughts, feelings, and physical response. When those three areas match, you act, and the result is success. Failure often results if you attempt to act when all three areas are not in harmony. For example, in your inner dialogue, your mind may say, "This seems right to do." But if you act based upon the thought alone, you may find yourself isolated in your ivory tower someplace, holding back the things you do not want to handle, putting out intellectual statements to justify your position, while feeling very insecure about the validity of that position.

A thought without a feeling is half-alive. For instance, if a thought comes to you—"It would be a good idea to go back to school and get my degree"— check out the feeling level. You must have a feeling to match that thought. If you are happy with your job and your present life-style, you may find that the thought of going back to school creates funny feelings, maybe a little doubt, maybe a great deal of butterflies in the stomach. You could change the thought a little: "It would be a good idea to take a leave of absence from my job in six months and go back to school." Check to see how that feels. "That feels better!" In six months, you check with your boss about the leave of absence, check out the present feeling-level, and you may find that you now feel very good about going back to school. So you have a thought and a feeling to match it. Then you check out the physical level. The body says, "I can handle that change in life-style—in fact, it might be fun." Now there is a match of thought, feeling, and the physical response, and the action will probably be a clear one. You also have to consider Spirit, and if all the other levels say "clear," it is generally clear with Spirit.

Be sure to keep your balance on all levels of expression. You keep your balance physically, emotionally, and mentally, like the balanced form of an equilateral triangle. And when you realize that you are eternal, you circle that triangular form with a pure circle of the God form. Then you have a perfect structure and you are, indeed, a perfect and complete process of the Father, the Son, and the Holy Spirit, surrounded by eternity.

When you have checked all your levels, found them "clear," and then moved on your decision, you may still have people come to you and say, "You stupid idiot! Do you know what you've done?" And your answer can very clearly be, "Yes, I know what I've done. I thought about it for six months, felt about it for four weeks, moved on it physically, completed the new pattern, and I'm clear with the action." If they say, "Do you know you're causing concern for a lot of people?" your response might be, "No, I didn't know that, but if people have concern, I will handle that as they bring it to me." That way, you remain true to yourself and your action; you remain responsible for yourself.

We have to communicate with ourselves effectively. That means putting in motion inside of us that communication where, for each thought, we get a feeling that matches and we can move on it physically. Or if we get a feeling, we get a thought that matches and we can complete it physically. If we cannot complete it physically, we just hold it aside.

The very beautiful advantage of being in the physical form is that within this corporal form, there are the Soul, the mind, the emotions, the imagination, and the body—all intact in one place through space and time. And it has truly been noted by those who have undertaken the spiritual disciplines, the spiritual exercises, that when they focus the mind through a mantra, the emotions through love, the imagination through a vision of completeness, and the physical body through action, the channels are open for the Soul to manifest energy through the physical level.

Below the Physical Realm

As there are levels above the physical realm, so there are levels below it. These areas, descending from the physical, greatly influence the way we live our lives.

The subconscious retains what you forget on the conscious level; the information is still available because the subconscious stores it until you are ready to call it forward. What slipped out of your consciousness can be profound and creative, or it may be as mundane as where you put your sunglasses (which are sitting on the top of your head).

The subconscious is a valuable level of energy. It is particularly useful at those times when you have forgotten something. The memory rests in the subconscious, and sometimes the awareness of the incompletion will come to the conscious self just by your calling on it. At other times, it will only rise when you are distracted or relaxed.

Just below the subconscious is the unconscious level, which is unknown. In this level are all the things you have taken from the spiritual and pushed down through the physical into the subconscious and then into the unconscious. Even if they become unknown to you consciously, they are still there, and the essence of Spirit, the Mystical Traveler within you, is still aware of them. The unconscious can provoke you to deal with these incomplete actions. Sometimes the reminders come up simply as thoughts or uncomfortable feelings; at other times, as constipation (of mind or bowels). But if you pay attention, Spirit is immediately available to help with clearing them. You would be further ahead not to ignore the early signals from your unconscious. If you do, you may need to deal with these situations twenty years from now in a more challenging form, such as asthma, cancer, or another disease. Tapping into the unconscious (the storehouse of incomplete actions) can be a spiritual blessing, for it allows you to be aware of and balance your past actions and then return home, to God.

Doing free-form writing can bring out buried hurts and guilts. They may come out piecemeal, but that's okay. It's not even necessary in the releasing process to consciously understand everything that surfaces. All you're doing is releasing the hurts and guilts and letting them go.

One way to release things that are in the unconscious is through doing free-form writing (see Appendix 1 for an explanation of how to do this). Some forms of psychotherapy can also bring up things stored in a person's individual unconscious as well as the "collective unconscious" of the human race. Working with the Mystical Traveler Consciousness is the easiest and most grace-filled way I know to release these things. It can be done on the other side, during the night travel or spiritual exercises, and often it is just a matter of the Traveler presenting something to you and your acknowledging it, and then it is complete. You do not even need to know about it consciously.

Above the unconscious are habits and addictions. People can be involved in behavior patterns for so long (e.g., biting nails, twisting a lock of hair, smoking, etc.) that they are no longer aware of what they are doing. For example, a person might be used to smoking while talking on the phone. During a phone call, they reach in their pocket for their cigarette pack, but there is no cigarette pack. A few minutes later, they may reach in the same pocket again, totally unaware that they just did that. It is a habit based on addiction. The pack is always in the same pocket, the addiction says to reach, and the hand habitually goes for the pocket.

Near this level are what we call obsessions and compulsions. In *Macbeth*, Lady Macbeth walks around, rubbing her hands and saying, "Out, damned spot! out, I say!" That is obsessive behavior. She took part in the murder of the king, so awake or sleepwalking, she is obsessed with getting her hands clean of the supposed spot, symbolic of the murder.

Much sleepwalking comes out of this area of obsessions and compulsions. People can walk around with their eyes open but their mind asleep. Many youngsters will sleepwalk. Some do it in their

minds, thinking they are going into the bathroom to urinate, and they wet the bed.

Compulsions and obsessions are related to and yet deeper than habits and general addictive behavior. Kleptomaniacs, narcotic addicts, and alcoholics fall into these areas.

The Law of Reversibility

The law of reversibility is a cyclic process of the subconscious mind. Understanding how it operatesn can help you when you are working on changing habits, since you will know what to expect and can prepare for it.

At some point you establish certain patterns (eating, smoking, sex, whatever), and then those patterns become ingrained in the subconscious, feeling familiar and comfortable. The subconscious *likes* the feeling of familiarity and comfort and will seek to maintain the familiar patterns. It does not want to change. In a sense, it becomes addicted to its own patterns and dependent on its habits.

The law of reversibility comes in when you attempt to change the patterns and establish new ones. It is very subtle. It will come in on your weakness, when you are not watching, when you least expect it, when you are feeling proud of yourself for your success. These are the times it will hit, just to make sure you have really earned the new position. The law of reversibility ensures that you are secure in each level of your development and progression, because if you are not, it may get you every time. It goes beyond any word level and ensures that you demonstrate new levels of mastery.

When you go to change a pattern, you exercise conscious direction and control over yourself and your habit. After you consciously change it and begin to establish the new habit, you will have the enthusiasm and the energy to hold to the new pattern. That will keep you going for about *three weeks*. Then the law of reversibility comes in and will “try you out.” You will feel the old desires come back in, the urge to go back to the old habits, and you

will be able to think of so many “reasons” why that would be okay “just this once.” But once you give in, you have broken the momentum of the new energy, and you will very probably find that you have to start again, which can create the discouragement that becomes so difficult to overcome.

As you move from point to point on this path of upliftment, the law of reversibility may seem to bring you back to where you were months or even years ago. This can be discouraging. When you feel this reversibility, see if you can just relax. Sit down and say, “All right, go ahead and do what you’re doing.” Many times it then comes to a screeching halt, and you say, “Hey, I didn’t blow it. It didn’t go as far as I thought it would. Things changed. Why?” Because you changed. Inwardly, you were creating all things new.

If you hold through the three-week period, you are pretty safe until you come to *three months* from the time you originally stopped or changed the pattern. Then at that three-month mark, you will feel the old desires pulling at you again.

If you hold through the three-month point, you are probably good for another three months, or *six months* from the original change. This is usually a heavy testing period. It has been long enough that you think you are over the danger and really have the pattern licked. So it will come in on all sorts of subtle levels, and you will feel so much in control of the situation and yourself that you may get caught up in the rationalizations and excuses the subconscious will think up for justifying returning to the old habits.

If you would know the fullness of Spirit, make your life one gigantic spiritual exercise. Commit yourself to yourself, every moment. It’s the most valuable thing you can do. Dedicate yourself to yourself, and make your dedication first priority,

whether you're in a relationship, a marriage, a demanding career, or any other situation. Your first priority is to your own spiritual awakening.

If you hold through the six-month point, you are usually safe for another six months, or *one year* from the original change. And if you hold through that one, the new pattern is pretty safely established, and it would be rare (although not impossible) to return to the old habits. The new habit will be pretty secure, and the subconscious will feel the new one as familiar and comfortable and will no longer create the desire and the urge to return to the old habits.

So when changing a habit, be especially vigilant at these times:

three weeks from when you made the change,
three months from when you made the change,
six months from when you made the change,
one year from when you made the change.

Being Loyal to Your Soul

During your journey of self-discovery, you will experience many things. You may experience despair, loneliness, and exhaustion, but you may also experience love, ecstasy, joy, and bliss. You will discover that your true beingness is spiritual in nature and that the physical body and personality are but its temporary home. You will discover that the Light is your only reality and that the experience of God is all that truly exists. So be loyal to that. Be loyal to your Soul.

Being for yourself is not being against anyone else. We are all one. So being for yourself is ultimately only being for everyone else in your life. When you awaken to that truth and begin to live it, life will start opening for you, and joy will flood into you.

You can tell when your loyalties are becoming misplaced because you will find yourself getting caught up in your emotions. When you get upset over what someone else does or says to you and you feel as if your toes have been stomped on, reel your emotions back in. When you are caught up in the storm of your own emotional hurt and despair, that is your misplaced loyalty backfiring on you.

Loyalty to your mind can also get you into difficulty. For example, sometimes you make up your mind that a particular thing is right for you or the correct thing to do, so you move in that direction. Every signal coming back to you may indicate that the direction is not working well, but you are so locked into your loyalty to that particular idea that you ignore all the signals and go ahead anyway. The result is confusion.

The negative thinking that we can hold inside ourselves is really a demonstration of great mind power. What would happen if we decided to move that to a positive action and go for the essence behind all our actions as being that which is loving, happiness, prosperity, abundance, and riches for everyone? Inside of us, we are doing Soul Transcendence, and when we are not, we are loving, caring, and sharing. When you are attuned to Spirit, there is nothing in the outer world that matters. Even your negative thoughts and emotions do not matter. They have no power at all in the presence of Spirit. The negativity of others does not matter. There is only love and forgiveness, for everything and everyone.

Treat your loving and your depression as equal. Anxiety, love, depression, happiness—they must all be treated equally. When you do, there can be no place for anything "better" or "worse" inside of you, so judgment ceases to have power in your consciousness. When you treat your depression the same as your loving, then neither has more power than the other, and you are free to choose the expression you want.

As you discover your spiritual nature, you will find that you become very practical in your approach to life. As you dissolve the illusions and misconceptions with which you have been living, you will find that those things that are real, those things that are true, become clearer and clearer. As you learn to direct yourself into these areas of reality and to bypass illusions, as you express the positive nature of your spiritual self and learn to work with the Light within you, you will move automatically into health, wealth, and happiness. You just cannot miss. And even though the things you do in this physical world may continually misrepresent who you are, never forget for even one second that the divine spark of God resides with you.

Q&A About the Mind and Emotions

Q: What is emotional and mental karma, and how can I deal with it?

A: Emotional karma is emotionally reacting to anything. To deal with it, learn how to not react emotionally, and to do that, learn to observe more. Mental karma is going over and over and over and over the same thing in your mind. To break it, you stop going over and over it. Chanting the tones we teach in MSIA (Hu, Ani-Hu, and the initiatory tones) can help release emotional and mental karma. Instead of emotionally reacting or thinking continually about something, chant the tone. Pretty soon, you will start slowing down the reaction or the incessant thinking, and you have also placed a positive direction for your mind and emotions—towards God. (See chapter 9, Spiritual Exercises and Soul Transcendence, for more on the tones.)

Q: I have a few questions to ask you, so that I can satisfy my mind.

A: You might as well know right now that your mind will probably never be satisfied and that for every question you ask, you will probably have ten more after that—or a hundred. When all is

said and done, mental information can sometimes, at best, point towards the truth, but only your personal experience will give you the reality that you're seeking.

I know that there's a certain fascination in getting mental information about "how it works." At the same time, you will be further ahead to focus on, for example, the concepts in your spiritual studies and really explore those ideas in your own consciousness and see what experiences you have. You will then be building your spiritual life on experience rather than on mental information. The mental information might be interesting, but it can also be a distraction from going within and finding answers there. You may not necessarily find answers to questions your mind has, but you can discover much more important answers. It depends on your intention. So why not spend some time discovering what your intention is?

Q: I get caught up in fears, guilt, and judgments. How can I stop doing that?

A: Just feel what you feel and move on with your life as soon as the feeling lets you. It may hold you up for a short time, but it also has to let go in the face of God.

Q: Is God a thought or an idea? And how can I identify with an abstraction?

A: God holds all ideas and all abstractions— everything, in fact. Instead of wondering what God is, find out what *you* are. When you find that out, you will have found an aspect of God, and it won't matter what you call it because you will have an experience of the transcendent.

Q: I don't feel within myself the existence of "Soul" or "God," whatever those are.

A: It sounds like you're battling less with not "feeling" those things than with allowing your mind to accept even the possibility that they might exist. The mind and ego don't want to allow their

existence, because they then lose some of their self-declared supremacy. But there is much beyond the mind that is found not through the mind but through the spiritual heart, which is the place of loving and understanding within you. The mind comprehends; the spiritual heart understands. The action of the mind is usually a thrusting; the action of the spiritual heart is more receptive.

The way out of this is to give up the limited quest for mental comprehension and enter upon the much greater journey of understanding. The first step is to give up the mental search (or, at least, to set it aside for a while each day) and begin to allow yourself to come into contact with the natural knowing that is within your consciousness. It is already there, and it takes courage and determination to allow yourself access to the greater learning and knowing that is inside you.

Q: I don't know any other way to access myself except through my thoughts.

A: Accessing yourself spiritually is what MSIA and the Traveler's teachings are all about. It takes strength to move beyond the mind, especially when the mind has been well trained and given free rein for a long time. But the mind can become a good servant to your true self.

Q: How can I live life with more trust and love?

A: It is called being less materialistic, thus no hidden agendas, thus no suspicions, thus trust, thus love. Thus spoke love.

For More Information

For an explanation of personal-use and public-use MSIA materials, please see page 837.

"How Close Are You to God?" (Personal-use audio seminar #7622; personal-use video seminar #V-7622; English with Spanish translation). Love is the basis for everything, and everything is love.

“How to Find Happiness” (Personal-use audio seminar #1108). Looking for happiness “out there” brings sorrow. Finding happiness through the God within brings joy.

“The Two Processes of the Mind: Attitude and Altitude” (Personal-use audio seminar #1275). Going to the natural knowing within you and moving to the higher altitude, which is Spirit.

“The Meditation of Objectivity” (Public audio seminar #2608). How to move out of dilemmas through observation so that only the truth of you remains. Also included in *Joyful Meditations*, personal-use CD set, ISBN: 978-1-893020-37-5.

“Are You the Spiritual Sky?” (Public audio seminar #3008). How to understand and work with your thoughts.

“What Positions Are You Taking in Your Mind?” (Personal-use video seminar #V-7648). Moving from mental positions into freedom.

“Loyalty to Your Soul” (Personal-use audio seminar #2577). How to get inside to your true self, which is where your loyalty should be placed.

Inner Worlds of Meditation (Paperbound book, ISBN: 978-0-914829-45-4; public CD set, ISBN: 978-0-914829-64-5). Particularly the So-Hawng Meditation (to unify the mental and emotional vibratory rates), the Breathing Meditation (for greater relaxation), the Ra Meditation (for greater physical energy), and the Flame Meditation (for balancing the emotions).

“Upgrading Our Addictions to God” (SAT #7487). How to release addictions, and information about the “master addiction,” control.

“Symbology and the Unconscious” (Personal-use audio seminar #2104). How unresolved patterns surface in behavior and beliefs, and how to recognize and release them.

"The Spiritual Warrior" (Personal-use audio seminar #7333; personal-use video seminar #V-7333; English with Spanish translation). The job of the spiritual warrior and how to bring forward the sword of truth inside your heart.

Spiritual Warrior: The Art of Spiritual Living (Hardbound book, ISBN: 978-0-914829-36-2). A practical guide to integrating your spiritual and material lives.

Online: www.spiritualwarrior.org: The website for more information on the spiritual warrior.

CHAPTER 17

The 10-Percent Level and the 90-Percent Level

How should you live? Please yourself. Do good works. Do good inside, and do good outside. That is God's side. What is good? Take care of yourself so you can help take care of others. Don't hurt yourself and don't hurt others. Use everything for your upliftment, growth, and learning.

Introduction

This is the Movement of Spiritual Inner Awareness, not the Movement of Outer Behavior. The Traveler's job is to help burn the seeds of karma from your past existences. Your job is to handle your day-to-day karma.

One of the most important concepts taught in the Movement of Spiritual Inner Awareness is that only 10 percent of your total consciousness exists on the physical level and that 90 percent of your consciousness is on the nonphysical levels. What we teach you in MSIA is how to become more aware of that other 90 percent of your existence.

It's important to maintain the integrity of this physical level, which means not only taking care of the physical body but also maintaining yourself financially, emotionally, and mentally. You cannot give up your responsibility to any level. When you are taking care of yourself on all levels, it becomes very easy to move into the Soul level as that opportunity presents itself.

The Mystical Traveler works with people in the "90-percent area," helping them clear karma on the astral, causal, mental, and etheric levels, move into the Soul level, and then transcend the Soul level. This is Soul Transcendence. What you do here physically rarely, if

ever, influences the Traveler's work with you spiritually (unless, of course, you say that you do not want to work with the Traveler, in which case it backs off because it does not inflict). But it is still smart not to create more karma in this lifetime, if for no other reason than it makes living here more pleasant. (See chapter 5, Karma: Creation and Fulfillment, for more on this, including how not to create more karma.)

It is important that you complete your life pattern according to the plan you set out for yourself before this incarnation. (See also chapter 4, Incarnation.) The Traveler does not enter into your life pattern on the physical realm; on this level, you must be solely responsible for what you do and for the decisions you make. Spiritually, the Traveler's support is with you in any path you choose to follow. What you do or do not do physically makes little difference in the spiritual work the Traveler does with you, which is to lift you out of the pattern of reincarnation.

You can take an inward stance of "I make mistakes, I allow myself to make mistakes, and furthermore, I give myself permission to learn from my mistakes. Therefore, I am in a constant state of growth and evolution."

What you do in your 10-percent level, your day-to-day life on the physical level, is entirely up to you. That is why when people ask me what to do about their job, where to live, their finances, their relationships, their physical, emotional, and mental health, and so on, I tell them that it is up to them to decide. You can get doctors, counselors, health practitioners, psychologists, financial advisors, lawyers, and so on to help you if you want because they are trained in these areas. Then you do something and you see if it works and if you are happy with the results. Happy? Great, keep doing that. Not happy? Great, make changes. The decisions that you make about these things can bring you many important lessons, and the

Traveler, out of love for you, will not take those learning opportunities from you.

Hindsight is twenty-twenty vision, and all of us can look back at some of the decisions we have made and see how we could have done things much better, and that is part of the learning on this level. This is a planet of learning, and the Soul comes here to gain experiences. If we already knew how to do things here, we would not be here. So rather than judge yourself for any mistakes of the past, take the learning, forgive yourself for any judgments, change your behavior, and balance anything that needs balancing, clearing it either within yourself or with another person. Almost always, the clearing includes forgiveness for any judgments you have placed on yourself or any others.

The Traveler's work is not here on the physical realm. Your work is to handle the physical. The Traveler's work is to give you strength in the Spirit and in the Soul, so that when you have balanced the physical action, the way will be prepared to lift you into higher consciousness.

The Traveler goes through the experiences of his initiates; that is part of the promise made at the time of causal initiation when the Traveler says, "I am always with you." So even in the moments of your greatest challenge and deepest anguish, the Traveler is with you. You may not know it, though, if you are focused into the distress and forget to ask for—and look for—spiritual assistance. When you do ask for spiritual assistance, the Traveler immediately moves into consciousness with you, holds with you, and helps support you spiritually as you go through whatever you are facing. Do not look for circumstances to change necessarily, although they might. Instead, keep going and handle whatever is there in front of you. In reality, all you have to do is keep taking the next step and the next step and the next step.

I know how to get off the planet, and I know how to make it work better while you are here— and that is if you are willing to work it. But most people want somebody to *give* it to them, to do it for them, and to let them claim that they are exempt from all the trials, tribulations, and hassles that happen on the planet. But no one on this planet is exempt from anything, no one. When a cold goes around, spiritual people also get it; they just may not complain about it. That is one of the big differences. I know a lot of spiritual people who are broke; they do not complain about that, either. Complaining just does not do it. If it did, things would change because of our complaining, but they usually don't.

Keep yourself balanced physically, emotionally, and mentally. Stay neutral and loving. Be honest in your approach to yourself and everyone around you. You might feel like you're "walking on eggshells" for these few years that you are here, but that's okay. You're not here for long, and the rewards are well worth the effort.

Along these same lines, people have often asked me why they still have problems in their lives now that they are studying with the Traveler or have been initiated, and they sometimes wonder why their inner state does not seem to be reflected in the outer occurrences of their lives. The Traveler makes no promises on the physical level—that is not the level of his work with students—and studying in MSIA is not a guarantee that your life will change in any way. But *how* you handle your 10-percent level is usually a reflection of your inner state. If the inner state is more balanced and harmonious, then it will probably be easier for you to go through whatever the outer circumstances are. The outer state might not change, but you are likely to go through it in a more balanced and calm way.

It is fine to change your behavior if it gets in the way of your greater happiness, and we usually know that learning has taken place if there is a change in behavior. At the same time, what you

do on the 10-percent level is not directly related to receiving initiations and doing Soul Transcendence. Just realizing this can sometimes help you be easier on yourself as you go through things.

Is What I Am Going Through Karmic?

Something that is in chapter 5, Karma: Creation and Fulfillment, is worth repeating here, since people ask me so often if their situation (financial problems, poor health, problems with spouse or children, etc.) is "karmic." Almost everything we have in this lifetime is connected in some way to our experiences in past existences. Sometimes the connection is big and obvious; other times, it is subtle. But it really does not matter a whole lot if it is karmic or not because you still need to handle the situation in this life. The best thing to do is to take physical-level steps to handle it, and that includes seeing health practitioners, looking for a job if you need one, seeing an attorney for legal situations, getting some counseling if you are having emotional or relationship problems, and so on.

Your Destiny and God's Will for You

Your ultimate destiny is to be consciously aware on all levels at all times and to know your own divinity. When you do this, you also know the divinity in all things and realize that it is all one. Then, what you do in your life is up to you to decide. You can do any number of things and still fulfill your destiny of knowing God; in other words, and to repeat, what you do here has little if anything to do with Soul Transcendence.

Living according to God's will is the easiest way to live, but doing that may not be easy, since the ego is so used to having things the way it wants. If you are out of balance emotionally, mentally, financially, or sexually, you are probably coming from the ego and being "will-full" and not doing God's will. We are given the tools of

the emotions and the mind to help guide us through our journey on this planet. When you experience an imbalance in any of these areas, that is an indicator that something is not quite right. (There is more information on the mind and emotions in chapter 16, The Human Consciousness.)

We cannot know for sure we are doing God's will unless we see through God's eyes and know from God's perspective. Here are some pointers along the way, questions you can ask yourself: Am I being loving? Am I being forgiving? Am I being peaceful? Am I truly asking to do what is for the highest good for all concerned in this situation? Then you do the best you can and live your life as it presents itself to you. You will make mistakes, and that is to be expected as part of the process of life. Mistakes are not wrong and bad; they are really your stepping-stones to learning and growth, and, seen that way, they are steps towards God. God's will for you—for each of us—is to know God, and everything is set up to support that. So you can see all your experiences as opportunities to take one more step towards God. And the way to know God is to love as Jesus loved: unconditionally, through all things.

One of the most profound prayers you can whisper within the depth of your being is, "Father, Thy will be done." Then let go and let God work with you. When you utter that prayer in total sincerity and integrity, you bring yourself into alignment with Spirit and the plan God has for you in this life and for all eternity.

Living according to God's will can also be seen as a surrender, in which we give up the ways, expectations, and conditions we impose on life in order to align ourselves with the Way that exists harmoniously for everything and everybody. Surrender in this sense really means to give up into a state in which all our needs are supplied. I call this a high state of cooperation.

The Bible says that even before you ask, God knows your need and will supply it. What the text appears to leave out is, "as long as

you are living in your heart, or God's will." When our hearts are open, we live in what religion calls "God's will," the way of universal harmony and abundance. We live in the flow with the tides and rhythms of nature, and so attuned are we with both the inner and outer things that before we even speak, our needs are supplied.

Often the most valid reason for your action will be because you want to do it. It's important for everyone to have respect for this reason. It's a good one. You have the right to do something just because you want to—as long as you are not inflicting yourself on another consciousness.

The Bible also states that the reason we do not receive abundance is that we do not ask. This refers to those who are outside of the heart function and who are not in harmony with the instinctive goodness of both nature and the open spiritual heart. Thus the Bible accounts for both kinds of people—those who have not realized the truth and who must ask, and those who have surrendered to God's will and who can graciously receive.

Do spiritual exercises to know more about yourself as a spiritual being. Then live your life as closely as you can to the preferences you select, and this will allow Spirit to come through even more. If you live your life in contradiction to the way you prefer, the emotions and the Spirit get mixed up. Then you are thrown back and forth, and you get confusion and doubts. So choose your preference, and then move on that.

You have probably heard, "Ask and you shall receive." When you ask, in your heart, for your will to be aligned with Spirit, that can come to pass. Be patient and loving with yourself and with others, and you are well on your way to living according to God's will.

Q: How can I surrender to God's will?

A: Do everything with loving.

You can use spiritual exercises as a way to bridge the gap from your body to your emotions, to your mind, to your subconscious, to your unconscious, into the Soul. Along with doing s.e.'s, take the time to contemplate your life and where you are going, making conscious decisions and choices, rather than living as an effect of what is taking place around you. If your emotions are out of balance, acknowledge that, look for the cause, and listen for the inner guidance on what to do to clear and release that level. There are no secrets within you. There is no solution that is hidden from you. There is nothing kept back. All wisdom is available to you at every moment, and it is your challenge and your responsibility to attune yourself to Spirit and to the God within so that you may receive the wisdom for yourself.

But, after all this, what if you still do not feel you know God's will for you in a situation? Do the next thing in front of you to do, and do it lovingly. Pray to be guided by God and to be aware of that guidance, and then live your life as lovingly as you can. Ask for the Light, and then keep your eyes open to see what the Light shines on for your immediate level of concern.

The Traveler doesn't ask a lot of you. He asks you to do your spiritual exercises every day, to love one another, and to live without hurting yourself or others, in ways that will nurture and care for yourself and others. Within those parameters, all the choices are yours.

Making Decisions

If you do not follow your spiritual heart, you will hate every day of your life for the rest of your life. If you follow the "god of

opinion," you will blame others and still hate your life. So, follow your spiritual heart, and then you can say that you did it the best way you could. If it works, fantastic, and if it does not work, you can and will say, "I gave it the best run for the money that I had. I did it my way." No one will damn or condemn you (or, if they do, it will come back on them to "eat"), so if no one else will damn or condemn you, do not do it to yourself or others.

Needless to say, it can take time and practice to learn to follow your spiritual heart rather than your mind and emotions, and that is what you are here for. You can learn to look carefully at your choices, weighing the pros and cons and writing them down in detail if that helps you. Take an honest look at what you really want and whether each choice will bring you closer to that. Place yourself and your actions into the Light, and then listen to your inner sense of what is right for you. Lean into things gradually and watch the results. You can give yourself room to grow.

If there is no loving in what you're doing, you're on the wrong track. And if there is loving, joy, and a feeling of upliftment in what you're doing, then you can't go far wrong.

Experiment with your intuitive knowing, and check its accuracy. It may involve a process of watching and of trial and error. As you feel better about yourself and are less concerned about what other people think about you, you can become more aware of your own sense of self. You can then tune in to that self anytime you want. The true self is the knower you are looking for. Just relax and gain confidence in yourself.

When you feel like you cannot handle a situation, it is often because you are afraid to attempt it. And often when you are afraid to attempt it, it's because you're afraid to make a mistake. Lean into what seems to be the right action and see what happens. Check the feeling you get inside. Put the Light with it. If it balks on you, let it

go. If it seems to be flowing, flow with it—not with what you think *should* be taking place, unless it matches what *is* taking place. Move out of the consciousness of mistakes and into the consciousness of experiencing.

One technique to help you make decisions is to mock up seeing through the eyes of a master. You can call in the Light, asking for perfect protection, and then go inside and ask what the master would do in this situation. You may find that the answers come, and they may be much more than just your own imagination. Then you can lean into what you have heard inwardly, and if it works for you, use it.

If the heart sings a song of love, go. If there is no response or there is doubt, steer clear. This is your guide. This is love leading you.

Q&A About Making Decisions

Q: How can I know what is right or wrong?

A: Telling "right" from "wrong" can be a very fine line. One way to look at it would be that those things that accrue karma might be considered "bad" (although that may not always be true) and those things that keep you clear might be considered "good." But I'm not sure I know the difference between right and wrong. I know that what works for me, as long as it is noninflictive towards anyone else, could be considered "right." If an action is inflictive towards others, then I would say that you might call that "wrong."

Q: How do I make a choice or find an answer that I know is for my highest good?

A: Sometimes when you ask God a question and you ask "for your highest good," you won't get an answer—because that is for your highest good. Your spiritual teachers may want you to work through

certain patterns a little bit longer so you will gain more experience, rather than opening the door and ushering you out of the situation. It's important to remember that what is positive from the spiritual point of view may not appear positive from the physical point of view. But when you honestly ask "for my highest good," your experiences will be for your highest good.

People ask, "What's for my highest good?"

The Traveler answers, "You'll find out when you do it."

Then they say, "I don't want to make a mistake. I don't want to do anything that will delay my spiritual growth."

The Traveler says, "You can't. Your spiritual progress is not necessarily determined by your physical situation."

Q: Sometimes I really have a hard time making decisions because I'm not sure I'm doing the right thing, even though I analyze the situation as well as I can.

A: The thing that blocks us most of all is analyzing and analyzing instead of just doing it and doing it—because we'll self-correct as we do. Some people say, "Well, I don't want to make a mistake." Don't do anything. *That's* a mistake. You have to do something. "But," you say, "I don't want to do it wrong." That thought is a mistake. "Oh," you say, "I want to do it right." That approach is also a mistake. "What do I do?" Just do it. "What if it's a mistake?" That's another mistake. We're so busy making mistakes, why worry about a million more? Why even be concerned about it? Just go ahead and *do* it. But, of course, we all want to know very specifically and uniquely that ours is correct. So let me tell you. It is. It's correct.

Handling Your 10-Percent Level

When you are having problems, it is best to face up to them realistically and start handling them as best you can. I was once talking with a person who asked for help with something in his life. After a while, he told me, “I’ll handle that later.”

I told him, “You’re in your ‘laters’ now.” It took a while for him to see that all those things he had been putting off until “later” were right there in his face for him to handle, and some of them were compounded by his previous attempts to ignore them in hopes that they would go away.

Handle things now, and it will be easier on you in the long run. A very big key is that Spirit meets you at the point of your action, so invite Spirit into your life at every moment. If you do this, you may find that things begin to smooth out for you—not in terms of your having no problems but in terms of your ability to take care of what is before you.

One way to tell if you are functioning in alignment with the Spirit is to see if you complete things in the world. If you do, you are ascending. If you do not, you may be descending. If you have too many jobs or too many things to do, cut out some of them. Be wise. Do not take on more than you can handle. Take on just the things you can complete. Those things that are not completed are thrown right back at you, and you must take responsibility for them.

Completion is the name of the game here, and that being so, you might as well do it now. Handling your life right now means you will not have to go into yesterday or tomorrow, and you can start lifting into higher consciousness. When you are flowing in that consciousness, it matters very little what your physical body does.

It is in your own best interests to live in honesty. Be honest with yourself and others. Live by the laws, and live by the rules that are a part of your immediate environment. Fulfill the agreements that you make with yourself and with other people around you: your family, your employers and employees, your friends, your landlord, your doctor, your dentist, your creditors. When you fulfill the obligations that you have agreed to, you may be surprised at how much

freedom you manifest in your life and how the energy that you are able to focus into your spiritual exercises becomes extremely powerful. When you are free on these lower levels, you can thrust more deeply into Spirit because you will not be distracted by anything. Your focus, your direction, becomes one-pointed and is hampered by nothing, and you will experience a freedom, a joy, and a soaring of Spirit such as you may never have imagined.

Keep in mind that you are still evolving, changing, and growing. Part of your growth process involves mistakes and corrections. It's okay on this physical earth not to be perfect. There is nothing perfect here. It is the spiritual levels that are perfect. It is the Soul that is perfect.

Q&A About the 10-Percent Level

Q: Will I have an externally magical life if I am continuously in touch with my magnificence, always act with full integrity, and am loving?

A: The physical level doesn't have in it to be what you are looking for. It may happen from time to time, but you seem to be looking for the world to be "magical" for you and for it to stay that way. That's not how things work here, and you'll be further ahead not to expect that of this world. Also, Jesus said that his kingdom is not of this world. Don't expect here what is found only in the Spirit.

Q: I want to have God first in my life and also have what I need on the physical level that reflects my worthiness and inner wealth, with grace and ease.

A: I'd be really happy if you got all of the things you want, since you say you want them and the Traveler helps people get what they want. I'd also be very careful that you are not giving lip service to "God first in your life" *in order* that you can have those material

things. God first is God first, and all else follows (or doesn't follow) from that.

I'd also be careful not to misunderstand the idea of "grace and ease." It refers to a state of spiritual attunement and connection more than it refers to getting things on this level with "no sweat." The only grace is loving God. If you're loving God totally, then that will definitely make going through this life easier, no matter what's going on in your life.

Q: What does it mean spiritually when you tell me that something is part of my 10-percent level to handle?

A: It means that when looked at from the Spirit, it is spiritually neutral and that there are no reasons *on the spiritual level* why you should *not* do it. Does this mean that if something is spiritually clear, you should do it? Not necessarily. When looked at from the physical level, you might have reservations about the ramifications of doing whatever it is, and this may lead you to decide against doing it.

Q: You told me it was spiritually clear to do the work I am doing. Does that mean it's right for me to do it and that you support it?

A: It's up to you to decide if it's right for you to do. My saying it's spiritually clear does not mean that I support or don't support the work, agree or disagree with your doing it, or that it will be beneficial or not beneficial to others now or in the future. (Have I covered everything?) My saying that it was spiritually clear for you to do this is only to say that when I looked into Spirit, I saw that the action was clear at the time I looked. This doesn't imply that you should do it, that it's good for you to do it, or that I, the Traveler, or MSIA sanctions or supports it.

Q: Before I do something, is it a good idea for me to ask you if it is spiritually clear for me to do it?

A: No, *you* decide what to do. You have to understand that most things having to do with the 10-percent level are spiritually clear and that very few things are spiritually unclear. You are here to experience and learn, and you can learn from life and your decisions about what to do. If it's your 10-percent level, you decide what to do. I handle my life; you handle yours.

Q: How can I expand my capacity to hold more spiritual energy and remain balanced in my day-to-day life?

A: Don't be greedy for more spiritual energy. Become balanced with what you have now, love yourself and others as much as possible, and know that God will give you more as you can handle more.

There are some areas of your life that may be imperfect and incompletely balanced. Can you accept that those may be areas for you to learn about and experience and that perhaps you are not to receive a perfect healing and balance yet? Could it be that this is the prod that keeps you going and growing, searching and questing? Is it possible that this is set up perfectly for your highest good?

Q: Will God really give me good things if I ask in Jesus Christ's name?

A: God always gives things for the highest good, and even when a person asks in Jesus' name, the person still needs to do their own part in bringing forward things on this level.

Q: Is there some area of my life that, if I worked it through, would position me for a clear shot off the planet this lifetime?

A: This isn't how it works. Getting off the planet has to do with initiations and working with the Mystical Traveler Consciousness.

Q: What is the meaning of life?

A: To know God personally.

For More Information

For an explanation of personal-use and public-use MSIA materials, please see page 837.

MSIA has scores of audiotapes, CDs, videotapes, and DVDs that give information on dealing with the challenges of the 10-percent level (anger, fear, jealousy, dilemmas, resentment, etc.), and we encourage people to go to them for specific guidance and suggestions. (Our website—www.msia.org—has an online catalog.) Below are just a few suggestions for the topics dealt with in this chapter.

> *When you have disciplined yourself not to live at the whim of everyone's point of view, you're free. When you have disciplined yourself not to live at the whim of your own point of view and your own lower levels of consciousness, you are really free.*

Momentum: Letting Love Lead, Simple Practices for Spiritual Living, by John-Roger with Paul Kaye (Hardbound book, ISBN: 978-1-893020-18-4). A book about the biggest key to life: bringing loving into your life and all you do.

"Authentic Empowerment" (Personal-use audio seminar #7426; personal-use video seminar #V-7426). The seminar about real empowerment in your life.

The Tao of Spirit (Hardbound book, ISBN: 978-0-914829-33-1). A beautiful book—for inspiration, guidance, and inner focus.

"How to Meet Your Karma" (Personal-use audio seminar #7431; personal-use video seminar #V-7431). The physical world is your second estate. The first estate is of the Spirit and God.

"The Meditation of Perfect Balance" and "The Meditation of Understanding" (in *Joyful Meditations*, personal-use CD set, ISBN: 978-1-893020-37-5). Two among a dozen wonderful meditations to help you bring Spirit into your life.

"What Is Proper Spiritual Behavior?" (Public audio seminar #7343; public video seminar #V-7343). A close look at how what we do might affect us spiritually.

"The Spiritual Warrior" (Personal-use audio seminar #7333; personal-use video seminar #V-7333). The potent original seminar about living as a spiritual warrior.

Spiritual Warrior: The Art of Spiritual Living (Hardbound book, ISBN: 978-0-914829-36-2). How to live a rewarding spiritual life, with keys to mastering relationships, fear, and addictions and creating abundance and love.

Online: www.spiritualwarrior.org: This website has more information on the spiritual warrior.

Success from the Inside Out (Public audio packet, ISBN: 978-0-914829-37-9). Covers the eight essential steps to success, the magic of attitude and gratitude, creativity, and using your inner power.

The Power Within You (Paperbound book, ISBN: 978-0-914829-24-9). Using universal energy to create the life you want.

What's It Like Being You? Living Life As Your True Self, by John-Roger and Paul Kaye (Paperbound book, ISBN: 978-1-893020-25-2). Contains a variety of approaches to help you connect to and live in your true self, both as a spiritual practice and as an antidote to the stress of life.

CHAPTER 18

The Importance of Attitude

I have never found a place where God was not already there. Even when I did not recognize it, He was there. It was my perception that needed correcting, not God's.

Introduction

Much of the trick of keeping free and clear of karma has to do with attitude, and this is such an important concept that I am going to devote an entire chapter to explaining it and showing how it can be applied throughout your life.

There are very few things within our world that are inherently "good" or "bad" except as we label them. So if you are to stay free and clear, it is important to place out as few judgments as possible and to maintain as neutral an attitude as possible. To illustrate this idea, if you say you have had a lousy day, be aware that you are placing that attitude of "lousy" back on your consciousness, and you are going to harvest that. It would be more accurate if you said something like, "I felt pretty bad a number of times today." That is describing your state honestly without placing a judgment of "lousy" on the whole day.

You cannot control your outer environment; you can control yourself.

It is valuable to evaluate—not judge—your position every day. If you were going to buy stock, you would probably want to evaluate the current market to decide which stocks to buy. And, of course, you would want to buy good stocks. But what is "good stock" and what is "bad stock"? Naturally, good stock is the stock that is going up in value and bad stock is stock that is going down. "Good" and

“bad” are judgments, however, and “up” and “down” are descriptions of what is happening. So you really want to buy stock that is going up. But keep in mind that the stock that is going down today might someday go up, and then you would consider it good. So “good” and “bad” are not absolutes, and, therefore, they might be called illusions. All that is really happening is that the stocks are going up or down.

If you say a stock is bad and it starts back up, it may be difficult for you to get on the bandwagon and take full advantage because you will already have labeled it within yourself, and you may feel you have to defend your position. So, for you, it may never be good. But if you just observe which stock is up and which is down and if you follow the trends, then you are in a free position, ready to take advantage of any opportunity you perceive with any stock on the market. You have not blocked any possibility, and the channels are all open.

You don’t fail. You just achieve whatever it is you achieve. You create “failure” by setting expectations that are never realistic and then beating yourself up when you don’t fulfill them. That’s called crazy, friends.

A very similar process happens inside of you with other things. If you label some things as bad and then they start shifting and bringing forth something positive for you, it may be difficult for you to participate in them because you have placed yourself against them. For example, if you start a new class and flunk your first test, you can either label yourself as a failure and the teacher as no good, too hard, and not fair, or you can simply be aware of the fact that you received a failing grade on the first test and use that experience and that knowledge to point yourself in the direction of more study and more preparation for your next test. But if you label yourself as a failure, you may be creating future failure, and it may be difficult to pass the next exam, and the next, and the next. And if you label

the teacher as no good, it may be difficult to meet the assignments with a positive attitude and achieve any success in the class. If you just use the failing experience to become a better student, it may be very easy for you to pass the exams and the class.

Observation is a matter of staying within your own spiritual center, maintaining your awareness of your self and of the spiritual power and protection available to you, and simply watching what happens in the outer environment.

Labeling and name-calling can have many ramifications within your consciousness. If you have called your spouse a dirty, no-good son of a gun or some other name, it can be very difficult to turn around the next minute and express love towards that person. You have to get your negative creation out of your system; you may need to vent your spleen, go away somewhere and take a walk, get drunk, or do something else. But what has really happened? When you call your spouse a name, you have judged against the love that you have placed out for your spouse, and it hurts *you*. You have rejected your own love, and you have rejected the person to whom it went. You are hurt because you have actually rejected yourself, and it takes time to get over the judgment against your love. When you judge others or yourself, you bring hurt that has to be worked through and forgiven, so don't hurt yourself and don't hurt others. Don't judge.

Observation and Neutrality

There are very few things on this planet that cannot be looked at in a matter-of-fact, straightforward way. If you look at every point of view from a clear consciousness, you can see value there. This is why you can be right, your mother can be right, your spouse can be right, the newspaper editorial can be right, and so forth. All people can be right from diverse positions. This does not necessarily mean

that you have to function from their position of rightfulness, but you can recognize that how they see things is right *for them*. At the same time, you always have the right to live your life the way you see it.

Spiritual exercises are a tremendous key. They may not solve anything for you, but they give you the altitude to see more clearly. And as you see more clearly, the solutions can appear.

Holding true to yourself does not mean holding true to the image of yourself. It means moving into that which represents the greater truth in you, the Soul. When you have moved into this, you find for the most part that you are not in a position of argument or quarrel. Instead, you are in a position of looking at people, of observing, of being neutral. And in that neutrality, you will find that a sense of loving flows out to them. If you find yourself feeling, "I don't like what you're doing," close your eyes or look another way. Or look deep within yourself and find out, "What is inside of me that disturbs me so much when this person is around?" Then clear that up.

You have the potential to learn from everyone you meet, and if that is your approach and attitude, you *will* learn. There is truth in everyone's expression, just as there is probably illusion in everyone's expression. If you just observe and stay neutral and objective in your evaluations of the circumstances, you can bring to yourself those things that are currently of value to you. You can also bypass those things that are not currently of value to you without blocking the possibility that they may be valuable to you in the future. You just let all experiences flow through, and what you want, you bring in. What you do not want, you bypass—neutrally and nonjudgmentally.

The process of observing what is so about your life releases you from ego and allows the power of God to flow through you. All you have to do is open and say, "Lord, I receive. Thank You for Your presence."

In MSIA, we say to take care of yourself and take care of others. This leads to objectivity in your consciousness. We also say to not hurt yourself or others. This also leads to objectivity. Objectivity is watching; it is positive and loving. The objective point of view is not cold and calculating. Rather, it is the free, loving point of view. Similarly, neutrality is a progressive, assertive statement of your being, without attachment to results or to the process of getting someplace. It is enough that you are there, enjoying things. No matter what someone else does, you continue to express from your loving heart. That is neutrality.

If you find that you are stuck in judgment and not being neutral in a situation, one way to shift your attitude is to look for the humor. Humor is especially important in maintaining balance in this life, and so much of what we take seriously is so funny. It is sometimes easier to see the humor when you are out of this level than when you are caught in it, so take every chance you get to reach up into the awareness of Soul and perceive from that level. That spiritual altitude can help you change your attitude. And remember: if it will be funny later, it is funny now.

Being neutral doesn't mean that you don't care for yourself and others. You can be loving and caring and still be neutral. Neutrality comes from a higher perspective that sees more of the total picture and realizes that the highest good may be served through ways that, at first glance, may not appear to be positive and uplifting.

Flexibility

While you are here on this planet, get all you can in the levels of your experience, in the levels that bring forward your own

unfoldment. As soon as you grab for one thing, you are going to lose something else because it is going to go by you. That is why you keep yourself open and flexible, and you just keep moving. As a new experience comes in, you are right there to learn from it. You are not off in your mind, regretting what happened in the past or daydreaming about what might happen in the future. You are here and now, and you keep moving your position constantly into the here and now.

There is nothing permanent on the physical level. Everything is in a state of change, so keep flexible on this level while maintaining the precepts that guide you. I say it like this: I am as steady as the North Star and as flexible as the wind.

One of the things that is fairly permanent for most of us on this level, for this lifetime, is being a man or woman. Some things are just sort of there, and it is nice to cooperate with those things. But other things are more changeable. For example, people say, "You changed your mind." That is why you have a mind—so you can change it. That is why you practice changing, so you can change when it is necessary. If you try to hold to a static position, you may find out that in your strength of trying to be self-determined and not bending even the slightest bit, you crack and fall. Then you cry out in pain and suffering. If you have the wit to see a tornado coming and get out of the way, you will survive. But it can become difficult when you say, "I'm just going to stay right in the middle of this wind. I don't care how hard it's blowing. I'll be strong." When you find you cannot withstand it, you come back again and again, learning to bring yourself into the flow of life.

One of the lessons to learn here is to be flexible (which is different from being wishy-washy). There is strength and wisdom in being flexible. It takes great strength to change your position when that position no longer is defensible and to say, "I defended a position that is now not defensible." If people say you are wrong to change, you can answer, "If that's the way you label it, okay. I just can't defend that position now. That's where I am, and I am now moving my position." If they tease and ridicule, do not give in to their

pressures and social blackmail. Demonstrate your strength by maintaining the change, the new position. Be willing to live your life according to your true self, not what is happening outside of you.

You do not have to trust anybody else if you trust yourself. When people tell you something, you can just say, “Well, that sounds good,” without jumping into their information and without agreeing or disagreeing with what they say. You then take whatever time you need to look at it carefully and consider whether their information relates to you and whether you can make it work for you. If you can, use it. If not, let it go.

Guilt and Judgment

Whatever you decide to do, be sure you are going to be happy about harvesting what you are planting. Or are you going to be entering a situation that will cause guilt and cause you to come back to this realm and work it out again? Do not enter into any situation that causes even a little twinge, where you feel, “Oh, I wasn’t all that honest.” That is guilt. No matter how thin you slice baloney, you still have baloney. No matter how small the guilt, it is still guilt. The degree of it is important because the more guilt you feel, the more you intensify your existence, and the more intensity you place on this existence, the more you lock yourself into the force-field of this planet. Then you have to come back into that force-field and evolve again.

To release your guilt, it is important to admit it. Recognize that you feel the guilt, identify why you feel it, and then forgive yourself for it. Realize that you did the best you could at the time with what you knew and where you were. Then let it go. There’s nothing more you can do. When you do that, with love for yourself and the others involved, you’ll be free.

Guilt is often accompanied by judgment, and judging is probably the one pattern that can hurt us the most. Jesus told us, “Judge not, lest you be judged.” The very process of judging is against the Christ Consciousness, and self-judgment is the most terrible thing we can do to ourselves because it tries to evict the consciousness of the Christ inside us.

It is hard not to run righteousness against somebody’s body, and it is so important to understand this: bodies are not to be judged, nor are body activities to be judged, because they are not enlightened, they are not illumined, they are not God, and they are not Divinity. Therefore, they are in ignorance. This is why we do not judge each other. If someone hurts you, you do not need to feel hurt; instead, you can say, “That was just ignorance.” At that moment, you become immune to the personality behaviors of other people. But the mind cannot hold that because the illusions of the negative power will throw up the idea that “this is real.” It is real, but it is ignorant; therefore, it is not true in Spirit. It is just the ignorance of this level and the illusions that go with it that make it appear real.

How do you get out of the cycle of negative judgment? Consecrate your life to God, to Spirit, and do everything in God’s name.

This level is not to be judged. To stop the judging, you go inside to find the Spirit and then live in and from it more and more. But as soon as you open your eyes to the world, your eyes are always hungry, and they seek that which will fulfill them. One day you may say, “Oh, God, help,” and God says, “Come inside,” and you may be taken up very high so that you do, in truth, see the Spirit. Then, when you come down and you open your eyes, your eyes are hungry again because they are always hungry. But at least you know where there is another table from which to eat. And so you suffer your ignorance of this level and go to the perfection of the Spirit that exists forever.

God consciousness is present all the time, and nothing happens that is outside God. All things come from God. Even the things that appear to be evil, bad, and terrible are part of God. Even murders? Yes. Even rapes? Yes. God does not do these things, however. People do them, but God is aware of these actions. You cannot judge because you never know the history of the individuals involved and how they are balancing things out. Perhaps some of these things that seem horrendous are the last experiences the people need before they go to the Kingdom of Heaven. If you do not know the total patterns of a person's current incarnation as well as all their other embodiments, there is no way you can judge that person. You just have to observe their actions and love them for who they are, not for what they do. And if you do not know your own history in its totality, you cannot judge yourself. So, love yourself as well.

Always, keep coming back to love and forgiveness. You can even forgive yourself for judging yourself for being judgmental. You can forgive yourself for forgetting to forgive yourself. Forgiveness is the key. Forgiveness takes you to love, and love is of God.

As you go through your life, all you have to do is evaluate any situation. Do not place a judgment or a moralistic value on it. (The stock is not good or bad; it is going up or down.) The personality has morals and will judge you and others, and the ego often does not know what is happening, although it will try to give the impression that it does. The ego is an individualized aspect that will create separation. If you can use your objective observation to correct the ego's false impression, you can continue your progression. But if you hold on to the ego and defend its position, even against all evidence, you are not serving your own best interests, and you can get stuck in moral judgments.

In the Soul, there is no morality; there just is. The Soul is attempting to get through all these levels of the seeds and weeds the person has planted. This is why it sometimes takes a long time for people to go back through all the acreage in which they have sowed their wild oats and do all the weeding and clearing of the land and

the reclaiming of the good soil before they can move forward on their spiritual path.

You are on your way if you are dropping those things that are not needed. And you do not have to add more. A lot of people are trying to add more—to read more, to do more, to work more, to play more. Other people are realizing that they have to unlearn much that they learned in school, in church, in society, in parental relationships, and so forth. It can take some real soul-searching to discover what does and does not work for you. Wisdom is using those things that work for you, for as long as they work for you, and letting go of the things that are not working for you.

Negativity, depression, irritation, anxiety, and nervousness are all working for you, saying, "My dear friend, open your eyes; these things aren't lifting your consciousness." There can be value in fear and anxiety and depression. They can shock you into the recognition that things aren't working.

As you release all the old things that are on you— old habits, negativity, attachments, desires, whatever you call them—you can stand free. In standing free, you will move automatically from this existence into the next. If you do not get high enough in your freedom, you will come back to Earth again to gain more freedom in order to go higher. You will choose to come back because, from the spiritual vision, you can see how you can do it so perfectly, experience so much, learn so much, and go so high. So you come back, and you may lose much of the vision as you get caught up once more in the illusions of this world. But it is very nice to know that regardless of how you perceive your life or how you perceive the cosmos, it is all in its right place, doing the right thing, performing absolutely correctly. Even that little sense of depression, despair, anger, hurt, jealousy—even that can be an awakener for you. You can awaken from that into greater awareness and then lift

higher. That is the attitude that can lead you towards your greater freedom.

The Soul embodies on the earth to gain experience. When you have had an experience, you do not have to repeat it, unless you recreate it. In MSIA, we say to use everything for your upliftment, growth, and learning. If you learn from everything that happens, if you use everything as an opportunity to learn and to lift yourself, you will be earning your freedom. So learn from the experience of your life. Set your goals high and go for them, and do not let anyone or anything sidetrack you. Create only the very best things for yourself.

It's important to understand that growing is not necessarily equated with having a smooth week.

Q&A About Attitude

Q: How can I change my attitude?

A: One way is to ask yourself in any situation, "How would Christ see this?" Another is to remember that there is no urgency in Spirit. Try on both of these—work with them—and see the effect of them on your attitude towards your life, yourself, and others.

Q: How can I move out of righteousness and taking positions?

A: Don't just disagree, but come up with workable solutions for whatever situation you are in where you are taking a position and feeling self-righteous. Giving possible solutions almost guarantees the destruction of righteousness and position-taking.

This also gets you out of control. If someone comes to you and asks how something could be done, give them at least three options. That automatically takes your ego out. And if the person doesn't do

any of the three, you are more likely to think, “I guess that didn’t matter.” You come into detachment because your attitude is saying, “Whatever you do, I love you. You don’t have to do what I tell you to do. Do what you want to do.” And no matter what a person does, the Soul is going to make it, this lifetime or some other time, because not one Soul will be lost.

Q: What if I have said something negative— like a judgment —and then I realize that that is not what I want to place out?

A: You can say “deflect” in the next sixty seconds to cancel it so it won’t stick. And if you need to do any forgiveness, that’s a great time to do it, also.

Q: How can I learn to stay in my peace more consistently?

A: Keep a safe place inside of you for everything that is said to you or about you or that you say. Have no attachments to anything that comes in or goes out. That means to have an attitude of nonjudgmental acceptance of it all.

Q: If everything is perfect, why do I have doubt, desire, and fantasies?

A: The earth is a place where the Soul can gain experience, which is why Souls take on physical bodies and come here. The Soul is perfect, but it is not totally experienced. Part of experiencing is to find out what doubt, desire, fantasy, etc., are all about. The more you can observe those things when they are there in you, the more you will begin to understand how they work and to get free of them. And getting free is not making them disappear forever. It is not letting them run you.

Q: How can I evaluate something without judging it?

A: Judgment is different from evaluation. Judgment would be, “I become the reference point, and no one else has any say-so.” For example, I judge if I say, “You’re too short.” “Too” becomes a judgment. If I say, “You’re five-foot eight,” that becomes an

evaluation of your height. One is a judgment, and the other is observation and evaluation. If I stand by you and say, “Well, he’s a little taller than I am,” that’s just evaluation. I didn’t say, “I’m too short,” which is a judgment. I just said, “He’s a little taller than I am.”

Edison invented the light bulb, and supposedly it took him one thousand tries before he succeeded. If he had judged the first attempt, he might not have tried the second time, and so on. So, all he did was differentiate: he noted that the first one did not light up. He found a thousand ways that the light bulb does not work. When he found the one that did, someone might have said to him, “Why did you waste one thousand steps?” They were not a waste. They were going towards the end result. Edison’s ability to differentiate and not judge allowed the Spirit to keep glowing through him until the completion appeared. That became the enlightenment.

> *There is no way under the sun that you can rise to God consciousness and maintain any form of contempt. It will block you. Having contempt for God is having contempt for all things. And if you have contempt for your father or your daughter or for a boss or a table or a race of people or a hair style, then you have contempt for the great God that is in all things.*

The thing you object to is what is stopping you from seeing your face of enlightenment and from seeing the face of God. The thing you dislike, the thing you don’t like about yourself, the thing you judge and would most like to have gone—that is what you must embrace. And once you have a relationship with God, you’re fulfilled. You can see the rightfulness of everyone’s patterns, and so you no longer have to sit in judgment and hold negativity towards yourself or anyone else.

Negativity

We all have some habitual patterns where we focus on the negative, get involved in the negative, and get fascinated by it. That is one of the elements that negativity has in our consciousness—fascination. It has attraction and glamour, and it holds our attention. It is allowed to have energy that our consciousness responds to, but we are larger than whatever the negativity is. So we always have the ability to transcend it. The more you know how the negativity works and the more you can direct yourself towards overcoming it, the less the negativity impacts on you. You may find that you are simply directing your energy into what serves you, into who you are.

Negativity is basically contraction. Physically, we pull ourselves down inside, bite down on the jaws, or focus intently on something. Emotionally, for example, we will not love the one we married or are with. We withhold our joy. We deny ourselves our emotional feelings, which can look like this: we see somebody we like, and we will not let them see how we feel inside. We hold our face rigid and dare them to see what is going on inside. Mentally, we say bad things to ourselves: "I'm no good. My spouse is no good. My children are no good. My car is no good. My job is no good. The food is no good." We convince ourselves mentally, and the mind closes down. When we contract mentally, emotionally, and physically, we are setting ourselves up for imbalance and illness.

The way to move into the positive is to expand. And the biggest thing that changes the negative into the positive is the willingness to change. No one is going to do it for you; you have to do it yourself. The Traveler will go through it with you and hold with you, but you must make the change, and as soon as you turn inside, the Traveler is there supporting the positive. It is amazing that each time you move your attitude from the negative to the positive, it gets easier and easier, and pretty soon you are spending most of your time in positive patterns.

It is worshiping false idols to worship your negative expressions or behavior. You may say, "Oh, my God, I feel so ashamed, I got angry, I really messed up, I'm so depressed," and you worship those

false things. But you can cast them down and just say, “No, I don’t worship that anymore. That may come upon me at times, and I’m just going to let it pass through and keep my eyes on the Lord.” And it really is an affirmation: “I’m keeping my eyes on You, Lord, just You. I’m going to look at other people, but I’m keeping my eyes on You. I’m keeping the inner vision on *You.”*

Suffering

Most of us at one time or another ask why there is so much suffering in the world and, even closer to home, why we ourselves suffer. Suffering is the result of attachment. Attachment is the result of desire. Desire is the result of not feeling whole and complete. Not feeling whole and complete is the result of not being in contact with God. So, suffering is obliterated by finding God, and that is what I teach.

> *Each day, as you go through your trials and tribulations, you might realize in thankfulness that every time you have a pain of any nature, a pain of regret, sorrow, guilt, or fear, you are attempting to shake yourself awake from the illusions that you have allowed to be perpetrated upon you or the illusions that you have placed on yourself.*

Looked at that way, we can see that suffering is an attitude—a point of view and a point of identification. We all have experienced suffering in our ego, which generally suffers when it cannot get its own way and have the things it wants—when it wants them and the way it wants them. In short, the ego creates its own suffering out of its own desires and demands.

The Soul, however, does not suffer. Instead, it looks at every situation as an opportunity to get more experience. When we look at things from the point of view of a level other than the Soul, or when we identify with something other than the Soul, we can experience

suffering. When we identify with the Soul (which is who we truly are) and when we look at things from the *Soul's* viewing point and really know the truth of that, we can have the joy of the Spirit in the midst of suffering on another level (for example, grief, physical pain, etc.).

We do not have to suffer to get to God, yet our suffering can serve a purpose because it can make us so uncomfortable that we may say, "There must be something different," and we may turn to God. The ego and the personality are restricted consciousnesses, and they cannot go into God, although God can come into them. When we begin to give up those restricted consciousnesses and their demands and desires, we may feel pain and suffering *on those levels*, but it is only because we are still holding on to the restriction and not moving into the freedom of Spirit.

There are thousands of people studying with the Mystical Traveler who are saying, "In this freedom and love you're bringing forward—even though the situation hasn't cleared and it's still a garbage pile—I now realize it's compost. I just let a lot of things grow and use them to a great advantage."

This does not mean that you should become indifferent to people's suffering or that their pain is not real. Through feeling the pain of others, we can become more compassionate and be moved to assist. When it is in your power to ease another's pain, do that. This would be with the people directly in your life, the people you are around, and sometimes that could be just being friendly and speaking kindly, offering someone a ride, listening with acceptance to someone talk, putting yourself in another's shoes. You may also, of course, feel called to assist others beyond your immediate sphere.

When you look at the larger picture—the entire planet—or a particularly difficult situation someone is in, look at it through the higher perspective, which is that this is a planet designed for learning and balancing karma. The Souls that choose to come here

are both privileged and strong. It takes strength for a Soul even to come to and live on this level and to put itself in line to get the lessons that life on the planet offers, but it is also a blessing because so much karma can be cleared from this level. Also remember that from the perspective of the Soul, it is all just experience—neither good nor bad. That attitude can go into callousness, so that is why you need to keep compassion in your heart. But compassion without the higher spiritual understanding can lead to emotionalism and being "too" involved in the pains of this level. It is a balance that you will need to find for yourself as you go through life.

Grief and pain are not your enemies. Don't shield yourself from those experiences. They can be times of great blessing, times when you are facing the truth deep within your consciousness and letting go of all that is not truth.

One thing you can always do to assist is to love it all—the situation, the people involved, your own distress or upset, the whole thing. Say that you are upset over the violence in the world. When you are in any kind of distress over that, you are "in it." When you can expand beyond it (that is, rise above it), you can bring in the love. Those are not just words. In your consciousness, you actually move above and expand beyond it. You turn from your thoughts about it and your emotions over it, and you go into the greater part of yourself (the Christ, the Traveler), where there is only love for everything—the violence, the people who perpetrate it, those who are on the receiving end of it, your distress over it, your judgments that it is even allowed— everything. Only through more loving can more things be healed.

I maintain the physical body here, walking through this world that I would call oppressive, while I live in Spirit, which I would call freedom. And all I do is keep

bringing the freedom into this level.

If, on some level, you feel responsible for what is happening in the world, you can let that go. Your feeling the pain of the world does not decrease the pain. But your loving in the midst of pain can only help.

When we live in the Spirit, we feel joy, no matter what is going on, and I also doubt if any of us in a physical body lives in a high, ecstatic state of joy all the time. So if your level of joy is down, does that mean that something is off spiritually? No, it just means you are not feeling the joy of the Spirit. If you are working through a lot of things karmically and there are lessons to be learned, you may not experience joy, because sometimes we do not learn much in joy, being oblivious to the lessons that are presented because we are so joyful. Most of us have learned more through suffering than we have learned through joy—or even through mediocrity or mundaneness. Almost always, you will find that the suffering is your attachment or the fear of breaking the attachment.

I would say that the value of suffering is in not doing what you did before, and I have seen over the years that once a person gets sick and tired of being tired and sick, they change, and a change of attitude is often the first step. You can use your pain and suffering to show you where you need to love and forgive more. Used like this, pain and suffering can be stepping-stones to your greater freedom.

Q&A About Suffering

Q: You said that "suffering is the result of attachment. Attachment is the result of desire." Does that mean I shouldn't desire anything?

A: What I'm talking about is desiring something or someone to the degree that you feel you couldn't live without it—a consuming depth of desire. Desire is part of the human condition and part of living on this planet. Keeping our wants and desires in perspective

so that they are not running us (in other words, we stay in balance with them) is the way to effectively deal with desires.

Q: I am afraid to desire something, even if I say "for the highest good," because I don't want to get into a desire pattern.

A: Wanting something and putting it in the Light doesn't automatically create a desire pattern. It's when you desire something to the point of total distraction that a desire pattern can be created. When you ask for the Light for the highest good in relation to something you want, it is then also important to let it go and forget about it. Just trust that if it's for the highest good, it will come forward, and if it isn't, it most likely won't. Asking "for the highest good" is like a safety net because you are leaving it up to God. This sets in motion only that which is for your highest good.

Q: How can I desire things in the world less?

A: When you think you have to have something out there in the world, stop and ask yourself, "How do I look through the eyes of God to see if that is for me?" The gaze of God will start appearing within you. The way will appear before you. The Light will go ahead of you, and you will know your direction.

Q: There are so many things that I don't understand about myself and the world. It all seems overwhelming. Where do I start?

A: Start with your next breath, and take one step at a time. If, when you look at yourself, you see so many things you want to change that it's overwhelming, you might never start. So start with one thing. And when you have succeeded with that, you may decide to take on the next. Everything doesn't have to be changed overnight. Be patient with yourself, keep loving yourself, and give yourself credit for the steps you are taking.

Societies will fall many, many times in the evolution of the planet, and governments will come and go; that is the nature of this planet. But the Spirit stays forever. The key is to reach always into the Spirit for the highest good of all and perceive all situations from that point.

The same holds true when you look at "the state of the world." Start with yourself. Bring yourself into line first—one step at a time. Taking care of yourself or changing yourself could have profound effects on the rest of the world. But remember that you are not responsible for changing the entire world. Your main responsibility is to yourself.

Q: Does desiring anything produce karma and, if so, how can I learn to live in such a way as to dissolve karma?

A: Live your life as lovingly as you can and apply the teachings in your life, and the Traveler will handle the rest.

Discouragement

Discouragement can be the one thing that keeps a person from progressing spiritually. Everyone has times of discouragement—it just seems to be part of our being here on the planet—and the basic way to handle discouragement is to do spiritual exercises as consistently as possible. Even 10 minutes a day can be a big help. It also helps to do some physical exercise because that can get the energy moving, which breaks through discouragement. So does being around others who are working with the Light.

Do whatever is necessary to change depression and discouragement to the positive energy of fun and laughter. Go to a funny movie. Go out with some friends and have a good time. Tell yourself jokes. Tickle yourself. Sing. Chant. Start laughing.

Even as you are going through times that feel confused and discouraging, the Traveler is with you and loves you. That longing for peace and contentment that comes in times of discouragement can be the prod that helps you grow spiritually, for the peace you want is the peace of your own Soul. So love yourself and do the things that support you, that lead you to the true peace within you. It is there, and you find it by holding it as your vision, much as you might hold the vision of a completed project as you are working on it.

At some point, you will choose to let go of your discouragement, and at some point you will choose to be happy again. If you are going to be happy later, why not be happy now? If you are going to be loving later, why not be loving now? In this, as in all the things you feel, think, do, and experience, your attitude is the key.

Q&A About Discouragement

Q: I've been really depressed for the past six months or so. Do you have any suggestions?

A: It sounds like you may be dealing with something beyond the discouragement that each of us has from time to time. I'd suggest you see a doctor to get checked out physically, in case there is something out of balance physically that is causing or contributing to the depression. I'd also suggest that you talk with a licensed therapist or psychologist, someone who is trained to help people deal with chronic depression.

If you're going to scrub the floor, do it as a dance. The Soul can be dancing through the mop, the brush, and the water, and scrubbing the floor can become a joyful expression of Spirit. You can approach anything and everything you do with Spirit—100 percent.

Q: I went to an MSIA retreat and had a beautiful time. Now I'm back in my regular life, and things look bleak to me. They aren't anything like what I experienced at the retreat. I'm an initiate, and my goal is Soul Transcendence. Why can't I hold the level of awareness and loving that I experienced at the retreat? It sometimes seems hopeless.

A: Sometimes when you go to an MSIA event, you lift very high. Then you go back to your regular life, and it can be quite a letdown. Some people feel intense anger. Some people, like you, feel discouraged and hopeless. It's the contrast that can get to you. It's like you've tasted a little bit of heaven and then you get plunked back down on Earth with all its problems—and you don't like it. Then, when you get more acclimated to it, it doesn't seem so bad, and you pick up and go on. The key is to love yourself through the whole process and keep in mind that the goal of Soul Transcendence you've set for yourself has many aspects to it and that there is much work to do. Just keep on keeping on.

It is always important to keep in mind that nothing exists that is not part of God and that nothing can happen that is not "right" and "proper." So, there is never anything to fear. Nothing can happen that is not, ultimately, for the education, experience, and upliftment of those involved.

Q: No matter what I do, I always have the feeling that I could have done better. What's going on?

A: The consciousness can be compared to an onion: layer upon layer upon layer. You peel off one layer of experience and discover another layer. So you may sometimes find that the way you handled something, in what seemed to be the best way you could at a given time, in retrospect seems inadequate—because you have grown and discovered another layer within yourself that allows for a better solution. That feeling of "I could have done better" really points up your growth. You can view that as a positive step, not as a reason

for discouragement. Just keep moving. As long as you are still present on this earth, you will keep discovering more and more layers to work through—thank God. It's your process of unfoldment and evolvement into God.

For More Information

For an explanation of personal-use and public-use MSIA materials, please see page 837.

"The Two Processes of the Mind: Attitude and Altitude" (Personal-use audio seminar #1275). Going to the natural knowing within and moving to the higher altitude, which is Spirit.

"Living in a Positive Attitude" (Personal-use audio seminar #2137). Rather than negative thinking, you can have the positive attitude of watchfulness and wakefulness—seeing "what is."

"Is There a Cure Within Contraction?" (Personal-use audio seminar #7098). How to use the moment of contraction to expand into Spirit.

"Suffering of Man, His Dilemma, and the White Light Meditation" (Personal-use audio seminar #2591). The way out of the dilemmas and suffering, plus a powerful meditation.

"Who Is the Most Important Person?" (Personal-use audio seminar #7075). Moving beyond desire into the heart of who you are.

"How Guilt Is Built and Its Effects" (Personal-use audio seminar #1704). Moving beyond guilt to love and acceptance.

Forgiveness: The Key to the Kingdom (Paperbound book, ISBN: 978-0-914829-62-1). Inspiring observations about forgiveness, its enormous value, and how to do it.

Online: www.forgiveness.org. This is MSIA's website on forgiveness.

“Sacrificing Depression for Spirit” (SAT #7458). How to drop judgment and move into Spirit.

“How Can Negative Patterns Be Changed?” (Personaluse audio seminar #2639). Letting go of the judgments and moving to “what is.”

“Beelzebub and the Tale of Discouragement” (Personaluse audio seminar #3403). We are our own worst enemy when we invite discouragement in. How not to do that.

“The Traveler—The One Who Laughs in Your Heart” (Personal-use audio seminar #2602). Who can feel discouraged when they are having a good laugh?

The Journey of a Soul (Paperbound book, ISBN: 978-1-893020-13-9). Some of the information on attitude is taken from this early book.

CHAPTER 19

RELATIONSHIPS

Our primary relationship is to our own Soul. If that's clear, then everything else will follow.

Introduction

Now that I have given an overview of the 10-percent level, the physical, emotional, and mental aspects of the human consciousness, and the key role of attitude, in the next four chapters I will give some information on four major areas of the 10-percent level that impact each of our lives from time to time: relationships, money, work, and health. Let's start with relationships.

The Two Basic Principles of Relationships

1. All relationships are within you.

We are all one. When you cannot accept and love one person, you create separation towards everyone. You create a separation between you and your God, between you and the God in everyone.

It may look as if a relationship is you with another person or with other people, but it is always you within you, and relationships are one of the greatest mirrors you can have for yourself—your patterns, your beliefs, your conditioned responses. Ultimately, each relationship you have with another person reflects your relationship

with yourself. So check out your motivations. Why are you doing what you are doing? Are there any underlying reasons for your actions, thoughts, and feelings? This kind of self-examination can reveal much to you about yourself, especially if you see every relationship as telling you how you are with yourself.

2. There is never a good enough reason to take away your loving.

We can think we are perfectly justified in stopping our loving for a variety of reasons—boredom, irritation, anger, hurt, etc.—but loving is always the baseline of life, the thing that is more important than anything else. This does not mean you need to be a doormat or take ill-treatment in any form, and sometimes the most loving thing is to tell another person that what they are doing is not something you will participate in. Another approach is to participate in it and still be loving.

Someone who may be called an idiot in this world and someone who may be called a genius in this world cannot be differentiated on the Soul realm. You cannot see the difference. That should let you know where things are.

When you experience God, you experience love, the love that transcends all the physical limitations and touches into your deepest, most sacred place, and you know you are in the presence of your divinity. Let that be your measuring rod for all existence. If something falls short of that loving, move back to the loving, for it is of greatest value to you.

Keys to Being More Loving

Loving can be defined so many ways. We can refer to loving as not hurting yourself and not hurting anyone else and as taking care

of yourself so you can help take care of others. If you truly do these things, you will be loving.

Loving might look like many things to many people. It might look like patience, where you let things unfold the way they are going to anyway. It might look like tolerance and acceptance, where you let people be what they need to be; even if you do not think it is terrific, you know that underneath whatever is going on for them, they are doing the very best they know how. Loving may also look like being good to yourself and knowing that you are doing your very best at the time. It may be serving someone with no thought of recognition or gain. It may be living your life in honesty and integrity and keeping your agreements with yourself and others. And, of course, loving can also come in many other forms and expressions. But *start* with the loving, and then let your expression and behavior come from that.

> *On the path of the Traveler, an initiate must love all equally. And if you feel that someone messed up your life, you must love that one, also. That person is Spirit, too. That person is also a part of God, equal to yourself. You don't have to go sit at the person's feet; you can leave the person alone. But you must do it in neutral consciousness— neither positive nor negative.*

So, how can you be more loving? Here are some keys:

1. Pray to be as loving as you can be.

If you sincerely ask God to assist you in seeing the loving in each situation, you may find that your perceptions and approaches gradually change and that you are living in love more of the time. And, ultimately, isn't that what you really want to do?

The Traveler can give you an experiential level of loving. That experience of loving can be the rock on which you live your life, and, as always, doing spiritual exercises is a way of becoming more

aware of the presence of Spirit, whose essence is loving. (See chapter 9, Spiritual Exercises and Soul Transcendence, for more on this.)

2. Forgive yourself for any unloving things you have done, and forgive others for any unloving things they have done.

You may spend many days saying, "I forgive myself, I forgive them, I forgive this judgment, I forgive… gosh, am I going to be able to eat today, or will I spend all day forgiving?… I forgive myself for judging them." Forgiving yourself is better than food, because you can miss a meal and it will not hurt you, but if you miss the forgiveness, what you judged yourself for may be lodged against you.

But what if you do not know what to forgive yourself for? If you judge that, forgive yourself for not knowing what to forgive yourself for. If you do not know if you have judged or not, forgive yourself for "anything I don't know I've judged." Forgiveness is one of the main doorways into grace and loving.

3. Clear any imbalances you have with others, so you can share your spiritual heart.

If you cannot share your spiritual heart because someone owes you $100, forget the debt. It is not worth it. If you cannot share your spiritual heart because of something someone said, apologize to yourself in their name. If you cannot love somebody, it is best just to say, "I don't know who they are." That is a clear statement because if you do not love someone, you really do not know who they are.

If you say you hate one person, you also have to hate others. If you shut off love to one person, you have also shut it off to somebody else. That someone else is usually yourself because when we shut off to anyone "out there," we usually shut off inside of us. As Jesus said, "When you have done it to the least of these, you have done it unto me." So why shut off anyone, hurt anyone, or hate

anyone and then think you can love your wife or husband? No, you carry home with you that same hate towards the other person. When you tell your spouse about it, the spouse feels your hate and has to deal with it, plus your spouse may have to deal with feelings of sadness over what someone else is doing to you.

You cannot allow anything to stand in the way of your loving. You cannot allow yourself the luxury of a negative thought. You cannot allow that which is less than God and the Spirit to be a force in your life. Do not turn and strike at someone else. Be loving to yourself and to others, which is really the same thing. If you hit at another, you hit at the Lord, and you hit at your own divine nature. You really do not want to do that.

4. Communicate.

Good relationships is called good communication, and the three C's of effective communication are that it is *clear, clean*, and *concise*. And when you communicate with anyone, create a safe place *inside of you* and speak from that place. Then it will not matter whom you are speaking to. Do not do it out of any form of negativity, as that negativity will follow the other person in some level of their consciousness. Always, speak kind words, speak from loving, and say what is so for you.

> *Honesty can be a great expression of loving. When you share with a person in loving honesty, you do not hurt or push away the person. You assist the person to a new level inside himself or herself. Remember that "being honest" is not license to jam your opinion at someone or to hurt them in the name of "truth." Always be loving in your approach.*

To me, withholding is the foremost spiritual "sin" we can do to each other. Withholding often starts in the emotions: somebody says something to you and you do not like it, so you say to yourself, "Well, I just won't talk to that person." Pretty soon, you start

withholding your body from them by not being around them. Then you can withhold information from them that they should know, which means they do not have the full picture of what is going on. This can happen in organizations and families and can be very undermining to the group. Rather than let that happen, keep up the communication.

5. When you love someone, give them the best of yourself.

Give your loved ones your best attitude, your best smile, your best hug. Just as you take care of physical items so they will last, you must also take care of your loving so it will last.

If you are married, have you ever been lying in bed with your spouse and thought to massage their feet a little? Or are you so tired that you "have" to get some sleep so you can get up for work in the morning? Wait a minute. It only takes two or three minutes for you to massage their feet and tell them you love them and demonstrate that love so they drop off to sleep feeling cherished and nurtured.

When you allow people to love you, each person becomes a messenger of Light who shares with you the love of Spirit.

As you give, you receive, and you may find weeks and weeks of loving coming from that one tender moment. I am sure there are many times you would like to have someone run their fingers through your hair and massage your head a little and then say, "Good night, my beloved." If you care enough to take the time to give those moments to others, they will come back to you. It is love in action. It is the Spirit moving through you and through the one you love. It is precious.

6. When you love, love 100 percent and love unconditionally.

You receive through the same channel you give through. If you give through a tiny, almost-closed opening, that is the same opening you receive through, and the love will come back to you all closed up. But if you are loving openly and unafraid, not caring whether someone else loves you in return, you have 100 percent of the love. If the other person never gives anything, there is still 100 percent. This way, you are never cheated or left out because all of the loving is always there.

Sometimes one of your biggest challenges will be to keep your mouth shut and let people make their own decisions and travel their own path. It's important. Sometimes you'll "know" that you can see what is best for them, and it will be so tempting to lay it out for them and tell them what it is. Don't do it. Let them come to their own realizations and their own awakenings, in their own time.

Do not try to possess with love. Do not demand, "Do it my way," but say, "Let's do it the way that is the best, that is for the highest good of all." When you tune to that, you will get away from the upsets and the distresses. But when you try to force someone to see things *your* way—to digest their food your way, to swallow when you tell them to—you have shut yourself off, and you can become a very miserable person. You are also shutting yourself off from the Spirit, and though It is always with you, you no longer attune to It. So rather than trying to control people, just tell them, "It doesn't matter what you do, because I love you, and that's all that matters. You don't have to love me." Then if someone does love you, their love will be added to the 100 percent you are already giving, and it is a total pattern of loving and understanding.

Magic Words

When you are a positive power, a "lighthouse," that positiveness will go out to people. You bless every person you walk by during

the day when that Light is flowing through you. When you walk by someone and, either out loud or silently, you say, “God bless you,” the power of the mind will send positive energy out to that person. (See chapter 6, The Light, for more about this key concept.)

When you can look at your neighbor and see God, you are coming closer to the truth of who you really are.

I have told young people whose parents fight a lot, “When your parents are fighting, just sit or stand nearby and say over and over in your mind, ‘God bless you.’” Some of the youngsters have done this and reported back that although their parents were fighting and really upset with each other, pretty soon they just went quiet and walked away. And later they started kidding around a little bit, and everything was all right again.

There are other magic words that create positiveness. Silently saying “God bless you” can certainly change people, but if you really want to watch them change in a hurry, silently say, “I love you.” They can become absolutely elated. The negativity goes, and the positive energy sweeps in. Love is a cohesive power that brings everything together. Love has the potential to change it all into positive action and a positive flow of Spirit. These magic words can cause miracles to happen.

What follows are some questions I have been asked over the years about the main areas of relationships. At the end of each section, there are suggestions for books, tapes, and CDs that have quite a bit more information on relationships.

When you’re irritated with somebody, start to love the irritation. You might not be able to love the person just yet, but you can start to love the irritation. You start to

mix it with the ingredients of Spirit.

Q&A About Relationships in General

Q: I find a certain person very irritating. How can I get along better with this person?

A: You love the spiritual quality that is within every person, without necessarily loving their behavior, personality, expressions, etc. It's very important to recognize that everyone has that spiritual quality and is probably doing the best they can with the information they have to work with, taking into consideration their own personal trials. You don't have to love what they do, and perhaps your personality doesn't fit with the person you asked about. You can still have a loving empathy for them and send them Light for their highest good. You can also love them from "over there." In other words, you don't always have to love people up close. It is also possible to love people even if you don't like them very much.

Q: What can I do if someone is angry at me and coming at me with a lot of negative energy?

A: Absorb the negative energy. Don't be defensive, and don't take it personally. See yourself as the one who is allowing the other person to release their negativity and get free. One way to absorb the negativity and to allow it to pass through you and go into the Light is to use what I call the magic words. You repeat inwardly, "I love you. God bless you." When you do this, you are focused on the Light rather than on the negativity. The Light overrides the negativity, and the focus of the argument may start shifting. If there is an issue to resolve, you might find yourselves focusing on the solution rather than on the hostility. As both of you look for a solution, creativity comes in and, with it, the Light of Spirit. If the other person is just letting off steam and if you can hold the loving focus, they may suddenly tell you about a situation that has been disturbing them, which lets you know where their upset was coming

from. Awareness comes present. Empathy and understanding come present. The Spirit comes present.

You should be thankful every time somebody prods you because that lifts you just a little bit, and that little bit sometimes makes you notice that out-of-balance area.

If you find later that you did pick up some negative energy from the person, you can use the clearing technique described in chapter 15, Nonphysical Influences in Our Lives. Techniques for protection are also described in that chapter.

Q: How can I have more patience and acceptance with people and be less frustrated and irritated with them?

A: All the people around you have been sent by the Spirit to help you by letting you see what bothers you so you can deal with it in a more uplifting manner.

When you can allow people to express their Light their own way, to fulfill their destiny and walk the path to the drummer they hear, then you are, in essence, doing the same thing God does— allowing them the freedom of their expression.

Q: What do you do when someone wants to continually talk to you about negative things, gossip, etc.?

A: I don't talk to them. I have a lot to do, and I like to do it with people who are going in the same direction I am, which is towards upliftment, loving, and God. I love people unconditionally; I don't listen to them unconditionally.

Q: What does it mean that we are our "brother's keeper"? That feels like it could be controlling.

A: We are all our brothers' keepers, but not as prison keepers. We keep our brothers free by allowing them the individual experience of their own lives, the way *they* see it.

Q: I've heard that after we have done one negative thing—like yelling at someone—it takes twenty-five positive things to balance it. Is that true?

A: Yes, it's twenty-five positives to one negative to neutralize it—not to erase it, but to neutralize it. That's the law. So if you start yelling at somebody, you may need to do up to three or four hundred positive things to neutralize the effects of that yelling. But instead of being under the law, you can come under grace. This would be something like, "I didn't know better, or I would have done better. They did not know better, or they would have done better. And in that, I forgive myself and I forgive them. I love myself, I love them, and now we move on." The Soul energy then comes forward and suspends it. It's not just neutralized; it's suspended through grace.

Q: I feel that the love I have for my mother is totally different from the love she professes to have for me. What is the spiritual understanding in this situation?

A: There are many kinds and types of love. They do not all have to be the same, as all love comes from God and how we express it comes from us.

For More Information About Relationships in General

For an explanation of personal-use and public-use MSIA materials, please see page 837.

"Fulfilling Relationships" (Personal-use audio seminar #3206). Start with acceptance, and create greater personal fulfillment.

"Who Is Your Life Based On?" (Personal-use audio seminar #2637). Information on how our buttons are pushed, taking responsibility

for all our relationships, and the key: just be loving.

“Effective Relationships” (Personal-use audio seminar #2090). If Spirit and love are in a relationship, all other levels are taken care of.

“Communication in a Safe Place” (Public audio seminar #7536). Keys to clear and loving communication.

Relationships: Love, Marriage and Spirit (Hardbound book, ISBN: 978-1-893020-05-4). Information on six key areas of relationship: marriage, sex, children, communication, yourself, Spirit.

“How Close Are You to God?” (Personal-use audio seminar #7622; personal-use video seminar #V-7622; English with Spanish translation). God is everything, and there are many ways we “make love.”

“Opening Inner Doors to Spirit” (Public audio seminar #7698; public video seminar #VC-7698; English with Spanish translation). More about the “magic words.”

Your true lover is your Soul. It is through recognition and realization of the Soul’s nature that you will find lasting fulfillment. Anything short of that will be temporary.

Q&A About Partnership and Marriage

Q: Do I have a Soul mate?

A: There is really no such thing as a Soul mate, because the Soul is perfect and complete all by itself.

Q: Do I have a twin Soul?

A: There isn't a twin Soul, unless we say that God is your twin Soul. Actually, the Mystical Traveler Consciousness is your "twin Soul." As soon as you connect to that, you feel complete and whole. You don't look back and you don't have worry and fear about things because the completeness and wholeness is there. It's only when you're not feeling complete and whole that you worry. So, find the Traveler Consciousness within you and hold to that, knowing that what you do or don't do in your relationships with others is in your own 10-percent level. (See chapter 7, Soul Transcendence: The Work of the Mystical Traveler, for more about the Traveler Consciousness.)

Q: I have heard that the karma changes when two people get married. Is this so?

A: When a person gets married, almost 100 percent of the karma is affected. When you get married, you take on some of the karma of your spouse.

It can be hard to live with yourself, let alone another person. When you are living with another person, it's best to have everything possible working for you, and the best thing to have working for you is the Holy Spirit.

Q: What happens when one partner is in MSIA and the other isn't?

A: For the most part, there will be an uneven progression. But it would be way off-course for the MSIA partner to try to throw it in the other's face: "I know more than you do. I'm more spiritually evolved than you are." The MSIA person takes the Light to their partner, and it does work. The partner is worked with spiritually, but not in a direct way, as is done with the partner who is in MSIA. The Light spills over because one of us can't go up in consciousness without taking somebody else with us.

Q: Was it our karma that my wife and I got married?

A: When two people get married, it is generally karma that brings them together to work through things. But we usually don't have karma with someone else. We have karma with ourselves, and other people come in to help us work it out. They may have a similar type of karma, and they bind us. It could be that in another lifetime, we messed up, and we're back now, doing it again, but the karma is still with us and we're working it out together again. We have a chance to do it better and complete it.

On this level, we don't seek perfection; we seek greater and greater understanding so we can do things better and better. Then we become more agile in our movement across the physical level, and we break the bonds that hold us here. Each person brings forward karma out of their own individuality. Spouses may not have had many lifetimes together, and they could have had quite a few. When that karma is broken, they may divorce and go their own ways. (See chapter 5, Karma: Creation and Fulfillment, for more about this idea.)

Q: Can each married partner pick up karma from the other?

A: Absolutely, because you're involved in it right here and now. This is where karma comes in. Say one partner brings forward the karma of alcoholism, and the other one doesn't. Yet the alcoholic one says, "Come on, honey. Let's get drunk." She may say, "Well, okay." And before you know it, she's saying to him, "Let's get drunk." He may say, "I don't want to. I'm through with that." She says, "You pulled me down!" He may say, "I've got another woman anyway, so don't worry about it." These things can happen, and they can be sad sometimes.

Q: What is the spiritual significance of marriage or relationships?

A: My suggestion is that all relationships be conducted with as much loving as possible. Also, people have karma to clear, and they often do it through being in relationships of various kinds. (There is

more on this in chapter 5, Karma: Creation and Fulfillment.) In addition, when a person gets married, the person takes on some of the karma of their spouse.

Q: Is there something that takes place spiritually when two people take vows to be in a committed relationship?

A: A vow, like any type of promise or pledge, is registered in the consciousness, especially the basic self. (See chapter 3, The Three Selves, for more on the basic self.) When any vow or promise is broken, it's a good idea for the person to be clear about ending it in such a way that the basic self knows that the person is consciously letting it go and that it is ended. It also helps to be clear with anyone else involved in the vow.

I have suggested that rather than people vowing to stay together "as long as we both shall live," they say, instead, "as long as we both shall love."

Q: Does a marriage vow last beyond one lifetime? Is this to be promoted or avoided, or is it neutral?

A: A marriage vow can last beyond one lifetime, since it is registered in the consciousness, as is any vow or promise. How long it lasts and what the results are vary from person to person and situation to situation.

It's also up to each person to decide for himself or herself what he or she promises or vows to do. I am really careful about not committing (vowing or promising) to do things so that I won't lock myself into agreements that, later, I may not be able to keep or may not want to keep. My preference is to be free in my consciousness and how I relate to myself, others, and life. Freedom is found in the present. Vows and promises generally go into the future in some way.

Q: Is there significance in being witnessed by God or others when taking vows?

A: Your Soul will witness the vow.

Q. When a person breaks a vow of marriage, through divorce, infidelity, etc., how is this registered spiritually?

A: When a person breaks a promise or vow, the person's basic self will register that, the same way it will register when a person says, "Oh, I'll do thus and such" and then doesn't do it. It's a good idea to be really clear with the basic and not make promises or vows that may not be kept. And if the vow or promise is broken or put aside, be very clear with the basic about this.

Q: What is a spiritual marriage as opposed to a marriage in general?

A: A marriage may take place for a number of different reasons and on a number of different levels, and not all marriages are spiritual marriages, though they may be termed that. (And some marriages are spiritual marriages, too, even though the people have not used that term to describe their marriage.) The spiritual marriage is decided on by the two people, as Souls, on the Soul level, and it takes place in Spirit only when it does, not just because people say it does or because a ceremony called a spiritual marriage is performed.

A spiritual marriage is primarily for the spiritual levels, and in it, there is a joining of the two people on those levels. There is an alignment, or bonding, of their Souls and an agreement that in the current lifetime, they will work together spiritually, as a "spiritual team," on the spiritual levels.

It is when you rely on someone else to make you happy and to bring you fulfillment that you fall flat on your face. That is when you have given up your responsibility to yourself.

A spiritual marriage usually enhances the two people's spiritual growth and their ability to serve Spirit on the spiritual levels, and the two people can often clear more karma by being in the

relationship than they might as separate individuals—provided they keep focused on the Spirit individually and as a couple, of course.

The metaphor of the spiritual marriage is often used to describe the relationship of the initiate and the Mystical Traveler, and a similar process takes place. The decision to be together spiritually is made on the level of the Soul, and there is an alignment, or bonding, on the spiritual levels between the initiate and the Traveler. In a spiritual marriage between two people, one or both may decide to get a "divorce" on the spiritual levels, and that is honored. With the Traveler and the initiate, however, only the initiate can break the spiritual marriage by turning from the Traveler. Up to the Soul realm, the Traveler stays in the relationship as long as the initiate stays with the Traveler. If there is an agreement between the Traveler and an initiate above the Soul realm, the agreement can be called off by either the Traveler or the initiate.

Q: I feel as if I am very closed down inside from past hurts. How can I open up?

The pure and good selfish life is wanting to live life for yourself the way you see it and allowing everyone else the freedom to do that same thing.

A: When we are hurt, we often close down our spirit. Grief may be part of that, too, and we sometimes need to grieve that hurt in order to let it go. There is a very simple method of opening: when you feel that hurt, have somebody who loves you touch you. When you think back to any of those painful times, you can reach over to your husband and just hold his hand for a minute, letting that open up your spirit. You will know it is open because you will start to get warm and full in there. You may find that sadness and tears come up, and that may go on for a period of time until that comes clean from you. It is almost like a cancer falling off. After you have

experienced a time of clearing such as that, you can ask God to place the Light in all those places where the hurt and pain have been released. Eventually, the hurt will be gone and there will be only Light.

Q: I read that there is no authentic humanness without living together in partnership. What do you think?

A: I know that authentic humanness is a complete and total relationship with the Spirit of God, or Jesus Christ, if you will.

One very positive way to look at life is to realize that everyone—everyone—who comes to you is teaching you freedom.

A Letter

Q: I'd be grateful for any assistance you could give me in being a more loving, more accepting husband. My wife and I still continue to fight for our respective corners.

A: Annex her corner and give yours to her.

Q: I still continue to escalate the battle when I'm hurt and disappointed. Just looking at my side of the problem, I get to this "thin line" where I feel so unheard, so invaded, so mistreated, so betrayed, etc., etc., that I express extreme judgment and anger towards her.

A: You are focusing too much on your own feelings.

Q: Do you have any advice to help me be more loving at those times?

A: It is your challenge time. Here is the answer: Be purposefully loving.

Q: I realize that my loving isn't going to be truly unconditional.

A: It doesn't matter if it is unconditional. Just get some kind of loving moving in you at that time, and then let it go unconditional in its own time.

Loving someone as a divine being does not necessarily mean that you will go home with them because that's not the level the loving is coming from. It's a different process. Within the loving, you choose the levels with which you become involved.

For More Information About Partnership and Marriage

For an explanation of personal-use and public-use MSIA materials, please see page 837.

"The Spiritual Marriage" (Personal-use audio seminar #2105). The true spiritual marriage is the alignment of your high self, conscious self, and basic self.

"Can a Marriage Be Threatened?" (Personal-use audio seminar #2626). The "special marriage"—the marriage in consciousness.

"The Four Steps to Intimacy" (SAT #1758). How to give others a chance to love you.

Q&A About Sex

Q: Looked at spiritually, what is sexual intercourse?

A: It is the way the Soul makes love on the physical plane. When the energy exchange takes place and you are loving sexually, physically, emotionally, mentally, and spiritually, you are in a free consciousness and the Soul has no bondage. So at the moment, you

have transcended the Soul. These are the times when ideas may come in so fast that you might want to get your tape recorder and stop what you are doing. Well, this is kind of hard to do. How do you explain to your partner, "Let's stop because I have to make a few notes"?

The reason people are really caught up in having sexual intercourse is that all the levels come together at one point. It is fantastic, and it can be just as fantastic if you don't do it with anyone else. I'm not talking about masturbation, but about bringing all your levels together spiritually.

Q: So I *can* consciously Soul travel and have sex, too?

A: Right. And let's also look at a gross level of consciousness. Say there's this guy cruising up and down the street, and he sees this good-looking woman. She's got everything going for her that he wants, so he starts to project his energy through his reproductive system to stir her so she'll turn around and say, "Come on, big boy… or little boy." Actually, he's within his own dynamics of the lower self and saying, "If you accept me into your body, I am worthwhile." He doesn't give a darn about Souls. He's only concerned with sexual gratification.

Many people in MSIA are Soul traveling all the time and also having beautiful sexual relationships. In fact, they say, "Sex is so much better now." Well, maybe *that* would be an incentive for you to do your spiritual exercises, if nothing else is!

Q: What can you tell me about masturbation?

A: Spiritually, it's a waste of your energy, and so—spiritually—it would be far better that you don't do it. And if you are going to do it, don't then judge yourself or feel guilty. We create more karma by our guilt than we do by our actions.

You can look at your sexual energy as creative energy and use this energy to lift yourself spiritually. When the urge to have sex becomes conscious, you can move that energy into meditation, feel that intensity lifting up through the body, and focus on the third-eye

area (center of forehead) or the crown chakra (top of the head). This technique can assist you in pulling the energy upward and creating a flow of positive energy.

If you have had or are having sex by yourself, which is called masturbation, and you ejaculate into that visual image that you've created, you are creating something in another sphere, a fourth-dimensional reality, that is going to come back to you with nowhere to go because it can't make its way back through the penis through your imagination. So it's going to come right back through the imagination and hit into the body. It's then going to go to your weakest spot. For some people, the weakest spot is lack of determination. In that case, their karma here is to learn to have determination in a way that is ethical and integral to their spiritual being.

If you are a man in a marriage or intimate relationship, and if you masturbate, you are choosing away from the woman and the relationship. Having sexual relationships with your partner would have been the exchanging of energy, which would have been a very beautiful, positive thing. Whether you climax or not is not the issue here. It's that the penis and the vagina form a positive-negative energy field that creates a high-consciousness energy. If it isn't utilized, it drops down to low energy and starts destroying. A person can create cancer through addictive patterns of self-abuse.

The sexual urge lies between the thigh and the belly button, and creativity (the creative center) lies in the same place. Sometimes when creativity energy hits, a person may go masturbate or have sex with someone. How can you tell the difference between creativity (as in acting, drawing, painting, writing) versus self-gratification (masturbation), since they both reside in the same place? Which one do you do first? If you masturbate first to get rid of the tension and it isn't a tension releaser, then it was creative energy flowing through the body, and you've dispersed it. Now you've got creative energy flowing around you, and the end result of that is feeling "antsy"—anxious or nervous. Have any of you ever been lying in bed at night and your legs jump and you can't sleep? These are all

symptoms of this antsiness. You can sometimes get your energy so low from self-gratification that you can't sleep. You have to get up, drink a cup of coffee, take some No-Doz, run around the block, do some exercises, and then up comes the energy to a point where it's now high enough for you to go to sleep. Another thing that can happen to a lot of people is that they will masturbate and go to bed, because then they can go to sleep because they're exhausted. They put all the energy out to climax.

The whole process of masturbation often involves the legs, the hands, and the penis on men. (For women, it's going to be very similar, except that the vagina is involved.) In masturbation, the person often has to move their legs back and forth and around, and all they're doing is building an energy field. They can't climax until they have breathed in enough energy and kept enough imagery in the mind that they now have the energy necessary, in the case of the man, to move semen through the body and ejaculate into the world. That really produces karma, and it produces the most negative kind because it's self-destructive and is a violation of a spiritual law. The spiritual law says to the effect that thou shalt not drop your sperm upon the ground; it is better to drop it in the belly of a whore. They got it pretty clear what to do and what not to do.

Exercise a little mental dominion over your own behavior. Don't let the consciousness between your legs run your consciousness of the heart or of God.

The good thing about masturbation is that you don't have to look your best, and you don't have to worry about who you're with. You also know how to do what makes you feel the best, so you don't have to coach somebody or get frustrated with the inability to bring about the sensation that you're after.

At the moment of ejaculation, that's the Soul energy shooting through the body. The Soul energy is going to try to retain the

energy, pull it back, and feel that again, and that's going to make karma in the Soul body.

If you feel horny, sexy, creative, what do you do? Do the creativity first. What if you still feel horny afterwards? You can still masturbate or have sex. If you masturbate first and it releases all the things that are bothering you, that probably is not going to produce any karma. But you've got to be careful you don't just *say* that, and it produces the karma anyway. A lot of guys just kid themselves with words, but karma doesn't care about your words. Get smart and realize that karma doesn't care about your words. So, always go for the creativity first.

If you are married and you feel the desire for the sexual union coming upon you, do you have sex first, or do you sit down and do something like recite poetry as a creative venture with your wife? Talking first is the best because you want somebody who's not just a "lay"; you want somebody who is also a companion and an integral part of your spiritual being and with whom you're going to go through this life, having mutual love and respect.

Q: What are your teachings concerning sexual promiscuity, and how can I keep from overindulging sexually?

A: Who you have sex with and how often is part of your 10-percent level, and there are no moral judgments placed on any action in this area.

One thing to realize is that you can become confused if you have sex with a lot of other people or with someone who has sex with a lot of other partners. This is because you can pick up energies that are not your own, which can make it difficult for you to maintain a positive sense of self.

Q: Does MSIA have a position on polygamy?

A: No. MSIA teaches Soul Transcendence, which is an inner path, and what people do in their 10-percent level is up to them. People who study with MSIA come from many different cultural and religious backgrounds, and we respect their expressions and their

choices. These are MSIA's guidelines for life on this level: don't hurt yourself and don't hurt others, take care of yourself so you can help take care of others, and use everything for your upliftment, growth, and learning. These guidelines are not used against others as criteria for condemnation, but rather as direction for ourselves.

Q: Does MSIA have a position on adultery?

A: As I indicated in previous questions, what you do in your life is up to you to decide.

Q: I am concerned because I sometimes have wet dreams.

A: Wet dreams are a natural/normal release of excess sexual energy and have no negative repercussions. They are not something to worry about, and if your conscious intention is to lift your consciousness, that's where you are headed.

Q: You have said that a man can release his negativity into a woman during sexual intercourse and that a woman then releases this negativity during her menstrual cycle. How does a woman release the negativity when she is no longer menstruating?

A: A woman can release a man's negativity even if she is in menopause (or not menstruating for other reasons) through a monthly cycle that her body knows by cell-level memory.

It's important to realize that the "negativity" a woman picks up from a man during sexual intercourse is more like conditioned energy, and it may sometimes have with it what we think of as negative emotions (such as anger, resentment, etc.). Within a loving relationship, the loving between the sexual partners dissolves any negative emotions that may be released, and so there are no negative emotions a woman has to release through menstruation. It all comes down to being highly selective in the choice of a sexual partner. If there is loving in the relationship, sexual intercourse will reflect that.

For More Information About Sex

For an explanation of personal-use and public-use MSIA materials, please see page 837.

"Sex, Spirit & You" (Paperbound book, ISBN: 978-1-893020-03-0). The many aspects of sexuality and sexual expression from the spiritual viewing point.

"Psychic-Sexual Energies" (Personal-use audio seminar #3208). How fantasies, impotency, and psychic impressions can result from psychic manipulation.

"Social-Sexual Behavior" (SAT #7186). Includes such information as male and female monthly cycles, one-to-one vs. multiple partners, parental control of the sex of the fetus, and reincarnation themes in relation to sex.

"Submission, Sex, and Soul Awareness" (Personaluse audio seminar #2139). About submissive and controlling patterns, and unfulfilled desires.

"Creativity, Fixations, and Addictions" (Personaluse audio seminar #7616). Includes information on masturbation.

Q&A About Children

Q: What place does the family hold in society?

A: The family is the foundation of society. Love is the foundation of the family, and God is the foundation of love.

Q: My husband and I want to have children if it's God's plan that there are Souls for us to bring into the world as our own children.

A: Be sure and get along together before trying to bring Souls forward because when they come in, the karma changes.

Q: I don't know if Spirit or my karma has children in store for me, if it is a free choice, or if it is out of the question entirely. I do know that I would love to have children with this lady.

A: A clear, clean intention and movement on that can reset karma.

Q: Is artificial insemination a spiritually clear way to conceive?

A: Yes. And if no child shows up, then it was not spiritually clear.

Q: My wife and I are Jewish, and we are planning to have our son circumcised. Do you have a perspective on this?

A: It is part of your son's tradition. It is a covenant between God and Abraham and all of Abraham's descendants, which you and I are part of.

Q: Do I as a father have a particular role or authority in the family?

A: The real authority of the father in a family is spiritual. Step into the Light of God and then deal with your children from there. If you try to deal with them out of the authority of your own ego, they may challenge that continually. They may submit, but they won't respect that authority. Authority grounded in loving and Spirit may also be challenged, but there will be a recognition, on some level, of the truth of that authority.

Q: My son is five months old, and he has started to wake up crying. I check him to make sure that he's not hurt or doesn't need a diaper change, and his doctor also says he's healthy. Might something else be going on with him?

A: When your son goes to sleep physically, he wakes up as a mature spirit in the Spirit world, or heaven. And then when he goes to sleep in the Spirit world, he wakes up here in this immature physical body that can't do "anything," and that could seem like "hell" to him.

If you had a difficult childhood and your parents did some things that weren't the best, you can let that go, take responsibility for where you are right now in your life, and change anything that you are still holding on to from childhood.

Q: My grown son still blames me for having caused him pain when he was growing up, and he keeps bringing it up when we are together. I know I could have done things better, but I can't go back and change the past. Is there anything I can do here?

A: You could tell him that if you have caused him any pain, he is smart enough now to get over it and make it an experience from which he can gain much wisdom.

Four Techniques for Working with Children

1. The Light Saber

Q: My son saw something on TV that really scared him, and he told me that he keeps seeing it over and over in his imagination. Is there anything I can do to help him?

A: You could get him a toy "light saber" as used in the *Star Wars* movies and keep it for special use. The special use is when the imagination shows him things he doesn't want to see. He gets the light saber and turns it on, holding it with both hands; he could also assume a karate stance. He cuts what he has imagined, as is seen out in front of his body, from the top of the head to the belly button. This cuts the attachments that are forming because of the imagination, which look somewhat like spider webs.

2. Talking Before Bedtime

Q: How can I help my young daughter with the challenges of her life?

A: When you take your children to bed, that's "we" time. It's not quantity of time; it's quality of time. You talk to them as they're starting to go to sleep. You ask them, "Did you have a good day?" If they say yes, you can say, "That's really fine. What did you do today that you'd like to do tomorrow?" And they'll tell you. Then you can say, "What did you do today that you would *not* like to do tomorrow?" And they'll tell you that, too.

If they start out saying that they didn't have a good day, you answer with, "What did you do today that you wouldn't like to do tomorrow?" Then you ask, "What did you do today that you would like to do tomorrow?" Either way, you're not really concerned with what the answer is. They'll tell you what's going on around them without you prying and being nosy. Now you're relating to them.

Suppose your child says, "I didn't like the way Susie played with my toy." You do not say, "Well, that dirty little Susie," because that's not what we're doing here. You say something like, "Well, how would you solve that tomorrow?" You get the youngster to reflect. If they say they're too tired to answer, you can just say, "Well, you go to sleep, and in the morning, you can wake up with the answer, and if you'd like to tell me, then okay."

If the child does not talk to you about this the next morning, you can say that night, "Did you come up with anything you'd do about handling Susie and the toy?" They may say that it never came up today. You can then say, "Well, fine, but do you know how you would handle it?" This prepares them for situations, like a kind of rehearsal of how they would handle something. They might say, "If I see Susie coming, I'll just take my toy and put it away because she doesn't know how to play with it." That's fine, because that's your child's toy and your child has a right to do that. Or they might say, "I'll just show her how to play with it so she won't break it," and that's fine, also, because your child has a right to do that. It can become quite easy.

3. Bed-Wetting

Q: How can I help my 7-year-old son with bedwetting?

A: You could get him up to go to the bathroom before you go to bed at night. You could also find out the time of night he wets the bed and then set an alarm clock near that time to awaken him so that he can get up and use the toilet. This is nothing for him to be ashamed of, as it is just a matter of toilet training.

4. Talking to the Child's Basic Self

Q: Is there anything I can do when I've had a disturbance or irritation with my child, or when he is upset about something?

A: As your child is dropping off to sleep, that's a good time to clear any irritation or disturbance you've had with your child. You can sit beside the bed after your child has fallen asleep. You call in the Light for the highest good for you and your child and ask for the spiritual protection of the Traveler. Then you call forward the child's basic self, and it will come to you. You might imagine that the basic comes and sits on your lap. (How do you know if it's really there? You don't care. It may seem like it's all your imagination, but when you start getting results, you'll know that there's a reality to it.) Tell the basic self that everything is okay and that you love it very much. Always speak in the positive. You can tell it, "You're going to grow up fine. I respect you. I love you and support you." You could also say something like, "I love you and I want you to understand that. We're going to get along really well together because we're all really friendly." Then just let the basic self go back to the body to maintain it. This may take only a few seconds. These levels of the basic self are very real. That little basic may feel very threatened and very frightened of this world, so you reassure it that everything's okay, that you love it, and that you will take care of it.

You can also look into the mirror into your own eyes; when you do this, you are looking into your own basic self. You can say, "We'll get along really well now with the basic self of __," and you say the names of any family members you like. And you tell yourself, "I love you, and I'll support you and work with you, too." That usually handles the basic level. But not necessarily does one

time do it. You may need to do it a number of times until you get results. That's what I'd do.

You'll find that your security is this: "I'm going to continue on regardless. If you love me, I'm going on; if you don't love me, I'm going on. If you want to go, okay, I'll let you go. If we're both going in the same direction, that's nice. That's love."

For More Information About Children

For an explanation of personal-use and public-use MSIA materials, please see page 837.

The Spiritual Family (Paperbound book, ISBN: 978-0-914829-21-8). The spiritual love in families and suggestions for dealing with children's behavior patterns. A lovely book.

"Guidelines in Dealing with People" (Personal-use audio seminar #2615). Enhancing communication, disciplining your children (and yourself), and staying in balance.

"J-R Talks to Teens" (Personal-use audio seminar #3407). The relationship of teens and parents, being true to yourself, J-R's personal stories.

Q&A About Ending a Relationship

Q: I'm ending an intimate relationship, and it's very hard. Do you have any suggestions?

A: A lot of times in an intimate relationship, one partner (and sometimes both) gives over a lot of their power to the other. Then much of what you feel about yourself depends on what is happening with the other person and how they relate to you. When you've given over your power to them and then they leave, you're left with

nothing. So you need to get the power back so that you can feel good within yourself—and not because the other person called or said something nice or because of anything else that they may or may not do. You have to take responsibility for creating your own happiness; you have to realize that your happiness is not based on their behavior.

If the relationship is not happening now, then regardless of how special or wonderful it was, it is not happening *now*. Moving back into desires and memories is not a here-and-now process, so there is no fulfillment. There are ways to get into the now. One is to exercise because physical exercise is a here-and-now process. If you are chanting a tone, a sacred name of God, you will be involved in the lifting and flowing of that high energy, and you will not be focused on yesterday or tomorrow. And as many times as old memories, longings, desires, etc., come in, you can direct your mind away from those and back to now. It isn't necessarily easy, but it does work if you work it.

It's okay to feel the pain of the separation and the desires, and you don't have to focus on those. You do have choices. You can direct yourself into the positive and choose those actions that will bring you the greatest joy and that will be best for you. The negative feelings won't last. You will. And that's what counts.

As you go through challenges in relationships (or any other challenges), it helps tremendously to continue doing the things that will support you spiritually. The "basics," of course, are doing s.e.'s, reading Discourses, listening to MSIA tapes, going to MSIA home seminars and PTS events, and doing the things that help you remember your loving and your connection to Spirit.

Q: I want a divorce, but I don't know if my karma with my husband is over.

A: You can find out what the karma is by trying to divorce him. If you can, the karma is over. And if for some strange reason you can't, then the karma is still present.

Q: My husband still wants to go ahead and get a divorce, but I keep hoping we will get back together again because I love him very much. Is there anything I can do?

A: Asking for forgiveness for any wrong-doing known or unknown can often shift a man's attitude. And this applies to a woman, too.

Q: We are going through a divorce and our son is upset by this. Is there anything we can do to help him?

A: Each of you—together or separately—can take the boy aside and tell him that even though you and your spouse aren't getting along, it has nothing to do with him or your love for him. It is just that the marriage doesn't work for you. You can also reassure him that he will be fine, because you both love him.

A Letter

Q: I am ending a relationship, and my partner and I have been sharing his process as we go through this. It's been hard at times to stay in my loving and not go into blame.

A: It is okay to blame as long as you also take responsibility for your part in whatever you are blaming the other person for doing. And then get back into the loving immediately.

Q: He has told me about the things he withheld from me during the relationship, and I have been realizing how I did this, too. I have also been upset by what he said. But I know that it doesn't matter what he says. What matters is what I do with the information inside myself.

A: That is always the case for everyone on the planet. It is a primary testing pattern for the negative power.

Q: I am asking for your support and assistance while I keep looking within me. I am on my way home into the heart of God and would be honored if you would walk by my side on this path with me.

A: Well, that is my job, and I usually walk just slightly ahead.

For More Information About Ending a Relationship

For an explanation of personal-use and public-use MSIA materials, please see page 837.

"Mending a Broken Heart?" (Public audio seminar #2145). Seven practical steps for falling out of love.

How to Handle Slander

At some point, you are going to find out that people who talk badly against you and slander you actually bless you because all their good comes to you. Their negative way stays with them, but their good comes to you. The one who is slandered gets brighter and brighter and more wonderful, and the one who is doing the slandering gets littler and littler, because all the good goes to the person slandered, and all the bad leaves the person being slandered and goes to the one who described it. The slanderer gets not only the bad they are talking about but also the bad of their own consciousness. So the one slandering falls, and the one being slandered is truly blessed.

When people hit against me with their unkind words, I think, "God bless you. There must be so much turmoil inside of you to have to do that. It must really be difficult living with all that hurt and agony inside. So I won't do anything to make it worse for you."

It is really quite true: turn the other cheek and receive the benefit. The difficult thing about that is that every time you hit somebody and they turn the other cheek, you get even more angry and want to hit them again. And something inside of you starts to die and wither

away. In time, you almost want to fall down and kiss the feet of those you have slandered and lift them up, because you recognize that they have something that is a little bit greater than what they started out with. What they have is your goodness because you gave it to them. Even if you gave it to them in a negative thrust, they got your goodness.

This happens in families where husbands and wives yell at each other and one slanders the other. It is amazing to see how the one who is being talked about is loved by everyone, and the one who is pointing out all the negativity seems to slide in consciousness. The one who is telling everyone how bad the other one is seems to have a rough time of it, and the one who seems to be making all the errors sits there and says, “I don’t know why you pick on me so much. Sure, I make mistakes, but I correct them, and none of it is directed against you.” At some point the one who is “so bad” may leave and remarry someone who is a terrific and loving spouse. And the other one, who was so righteous, thinks, “How did they manage to get such a great person, and I wound up with such a nothing?” Life is like that, and that is one of the ways the Spirit works.

The good news is that having knowledge of how this works can allow you to change your behavior. If you do not change your behavior and it comes down on your head, you will be able to verify that it was, indeed, so. Knowing it does not necessarily stop it. Only you can stop it. If you know that something is trustworthy and of good report and you do not share it, it can back up on you and corrupt you. Once you know something is of good report, it is to your honor and upliftment to share the goodness of life with people around you. Give of the goodness that you are. Give of the truth that you are. Give of the god that you are.

Live your life the best that you can. It can be hard, even on good days, but still do it, and work the best you can and give yourself credit. And if you have flaws, fine. Just do not focus on them; instead, work on them. If you looked only at your flaws, you probably would not feel worthy to be here because you would see the errors of your behavior and the imperfections of your body. So

focus on the goodness of the work you do, and then correct your flaws as you go along.

The negative thinking that we can hold inside ourselves is really a demonstration of great mind power. I have often wondered what would happen if we decided to move that to a positive action and go for the essence behind all our actions as being that which is loving, caring, and sharing, and health, wealth, and happiness, and prosperity, abundance, and riches. Inside, we are doing Soul Transcendence, and when we are not, we are loving, caring, and sharing.

Q&A on Handling Slander

Q: I feel like I'm up against a wall of slander and misrepresentation that I cannot chase down and clarify for people who choose to listen to it. How do you chase rumors and misrepresentation?

A: It is very hard to do. I personally ignore that which is not true. And if something is true, I change it if it is necessary to do so. Sometimes I just keep on doing it because it is karmic.

If you could look at the agony, the heartache, and the sorrow of your worst enemies, you would find that they have more than they can hope to handle, and you would do nothing but send them thoughts of love and joy and happiness. You would just leave them alone with your mouth, your emotions, your mind, and your physical body. You might just ask God in His mercy to extend to them everlasting peace.

Your situation has karma all over it. Be strong and truthful, and laugh and smile a lot. Sometimes a letter to make amends can do wonders: contrite, remorseful feelings over the way the past was handled. That doesn't mean you were wrong or they were right; it is

a statement of letting the past be past and the present be more full of support and joy.

Q: How do you handle it when people slander you?

A: I have gone through a lot of negative publicity, with people saying all sorts of things, and it is not even close to letting up. And I am still loving and still going and still doing it.

I do not have any bad feelings towards any of those people who are negative towards me. At this point, I don't care to participate with them in what they're doing, but I imagine at some point in the future, I will. It is entirely conceivable to me that in the future, they will be supplying great wealth, resources, and love to the whole group. That is all inside of me as a possibility. And if it does not take place, there is no disappointment. Why? Because I have the loving going.

You see, I put the people in a loving place inside of me, and I do not have anyone in there that I have a hurt, a hate, or an unforgiveness for. I will not do that to this temple of the Lord. I will not do that, because the Lord resides in here, Christ resides in here, and I will not defecate in my own temple.

If you have established peace within your own consciousness, no one can take that from you.

That is what we do when we judge another. And we justify it through all the right reasons that seem so reasonable, except that they are all wrong. The only real reason is the loving and the caring and to keep cleaning up whatever gets dumped inside of you. And it is not always easy. It is a daily task.

Q: This is very painful, and through it all, I think I am learning a small piece of what you must be feeling with all the slander put out against you.

A: When this happens to me, it doesn't feel good to me, either, and people can be very self-righteous and vindictive. The best thing for you to do is go on with your life and live it so successfully that this will all seem like some strange dream. This may be hard to understand, but it will benefit you in the long run, and it may be a longer run than you think. You will be strengthened for a bigger job. At least, that's always been true for me.

Q: I don't want to invest in the god of opinion, yet my daily work life seems to be immersed in it. I am asking for any help I can get on any level.

When you feel like you'd like to give someone a piece of your mind, give them, instead, a piece of your heart. Give them love.

A: The god of opinion is rampant on this level. There's no getting around it: people often do run their opinions not based on experience. Your learning is not to let that get you down, to stand still and strong while all around you are noisy and opinionated. It looks like you are in a perfect place to learn this. Keep on doing good works, and let them speak for you. It's by your good works that you will be known, and it seems that those who really know you also really know your good works, too. As for the others, God bless them because they do need it.

For More Information About Handling Slander

For an explanation of personal-use and public-use MSIA materials, please see page 837.

Living in Grace (Public CD set, ISBN: 978-1-893020-38-2). Four CDs covering forgiveness, grace, peace, and free-form writing. Great support for dealing with "slings and arrows."

CHAPTER 20

MONEY

One day people will realize that money is spiritualized. Then they will say, "This is just the wherewithal to help me in my spiritual endeavors." You don't have to be poor to be spiritual.

Overview

Although the whole area of money and financial abundance falls into the 10-percent level, which is not the main focus of MSIA, there are a number of different ideas and techniques that can help bring you greater abundance, and you can use any or all of them to great benefit. Many have been explained in numerous books and tapes, some of which are listed at the end of this chapter, and you can go to those for more specific information. (Also see chapter 17, The 10-Percent Level and the 90-Percent Level, for more on this key concept.)

If you are in debt and not handling your financial responsibilities, that level is out of balance, and you must utilize energy to keep it in line. The energy you expend for that situation is energy unavailable for Soul Transcendence.

The two fundamentals are tithing and seeding. *Tithing* is the spiritual practice of giving 10 percent of one's increase to God by giving it to the source of one's spiritual teachings. *Seeding* is a form of prayer to God for something that one wants to manifest in the world. It is done by placing a "seed" with (giving an amount of money to) the source of one's spiritual teachings. *God Is Your Partner*

has step-by-step directions for both tithing and seeding and describes how to create financial abundance and other things you want by working with God. The book also explains the spiritual basis of tithing and seeding and why it is very hard for people to shake you loose from your spirit if you have done both tithing and seeding.

Some people try seeding and tithing and then tell me that they have not received what they seeded for or that tithing has not increased their income. Since tithing and seeding are not between the person and MSIA or the person and me, I generally do not comment on this, because *God* is your partner.

There is also the idea that the seeding a person does may help them clear karma, even though they may not get what they seeded for. Sometimes the pay-back in karma is necessary before the inflow starts. This may not apply in all cases, but it is something to consider. Tithing and seeding—done with the right attitude of giving—can open your spirit and bring you to an inner peace by balancing some of the karmic blocks that have stood in your way. And if, on top of that, you also get the material things, you are getting your cake and eating it, too.

An attitude of gratitude is another key to being in harmony with the formlessness of infinite supply. When you can honestly and truly thank God for what you have, for all your experiences, for all the people in your life, and for all your expressions, the sense of gratitude goes very deep. In that depth, you are open to infinite supply.

The most important thing to remember is that tithing and seeding are, in essence, devotional practices between you and the Lord, and giving joyfully and with gratitude for the blessings already in your life is a great key.

At the other end of the spectrum from those who ask how they can use spiritual laws to help them become more abundant are those who wonder if material abundance automatically pulls a person

away from the spiritual. Being attached to the accumulation of material wealth might be a deterrent to discovering the more spiritual aspects of yourself, but material wealth can also be an outer reflection of the inner wealth and abundance that you are experiencing inside yourself. There is nothing wrong with having material possessions, and it can often be difficult to focus on the Spirit when you are worried about rent payments, creditors, and shoes for your kids. Sometimes possessions can help you live a more comfortable life so that you can more easily be of service to others. And many times, sharing the abundance of your material possessions can be beneficial to others. It is all in how you handle it inside yourself.

If being in debt is an issue, you know that putting away your credit cards and using cash will keep you from incurring new debt. Imagine what would happen if you took just one action that you know to do.

Q&A About Money

Q: Even with all the work I do, I am in ever-greater debt. I feel the abundance of Spirit, but somehow I'm not manifesting as well as I might on this level.

A: While looking at ways to manifest more abundance, look at the basic thing on the physical level— what you spend vs. what you bring in—and then see if you can cut expenses. Be practical.

Q: My finances are a mess. I am struggling to keep a balance between giving it all up to God and knowing what I need to do to prepare the space for greater abundance.

A: One of the most basic teachings of MSIA is to take care of your 10-percent level responsibly, and money is part of the 10-percent level. It would probably not work to just say, "Well, I'm giving it all

up to God," and then do nothing. If a person wants a car, they have to go to the car lot to get it. You have to do your part.

Good financial habits will keep the creditors off your back so you can have financial freedom. You may not have every possession in the world, but you won't be afraid to answer your phone. The discipline you exercise in walking away from useless spending means having the freedom to handle necessary financial obligations.

God is present all the time, no matter what you're experiencing in your 10-percent level. I teach how to know that more, and then what you do to handle your 10-percent level is entirely your choice, and I don't get involved in that, even if you try to put it in "spiritual" language.

If you are not tithing, I'd suggest looking into that as a first step out of your financial "mess."

Q: Should I tithe on my net or my gross?

A: I know for myself and from other people that tithing works. If you tithe on your gross, before taxes, tithing is likely to work for you in a more dynamic way. But it is better to tithe on your net than not at all. And if you feel you can't tithe the full 10 percent, you can tithe 1 percent to get the ball rolling. So, rather than look for rules, do your best, give what you can, and do it all unconditionally and with an open and joyful heart, and you will probably find that the rewards will come to you. They don't always come in the way you feel they should, but they do come in perfectly. And, often, the way to find them is to look at your life through the eyes of gratitude.

Some people have dropped their spiritual connection because of financial concerns, but they didn't have to because finances shouldn't stop you from reaching Spirit

and God. And that certainly wouldn't stop me from working with you.

Q: Is the lack of results in my financial area an indication and/or direct consequence of what I am not doing spiritually? Does it reflect my relationship with God?

A: It would be a mistake to think that because you don't have "enough money" (however you define that) or have money struggles, this necessarily reflects on your relationship with God, just as it would be a mistake to think that if you had "more than enough" money (however you define that), this somehow proves something about your relationship with God.

Your attitude towards all that happens to you is a greater indicator of your openness to the Spirit in your life than are the specific occurrences (e.g., money or lack of it). In other words, you could be very poor and challenged even more than you are now and still have an alive and joyful awareness of God's presence with you. And you can also have that if you're more well-off. It's the attitude. And if your attitude is one of feeling separation, judgment, etc., then there are MSIA seminar tapes and books that can give keys to making changes.

For More Information

For an explanation of personal-use and public-use MSIA materials, please see page 837.

God Is Your Partner (Hardbound book, ISBN: 978-1-893020-26-9). Basic and important information on tithing and seeding. It is free upon request.

Money: The Great Mirror of Consciousness (Public audio packet, ISBN: 978-1-893020-06-1). Presents the spiritual aspects of money and practical ideas on how to attract more of it.

Success from the Inside Out (Public audio packet, ISBN: 978-0-914829-37-9). Includes the powerful "A Meditation on Wealth."

"Precipitation: Manifesting Abundance" (Personaluse audio seminar #2143). How to manifest abundance, knowing all things are of God.

"The Master and the Mudhole" (Personal-use audio seminar #2612). The importance of treating success and failure equally, illustrated by a great personal story.

"Manifesting God's Abundance" (Personal-use audio seminar #1477). Manifesting abundance for ourselves and sharing it with others.

Wealth & Higher Consciousness (Hardbound book, ISBN: 978-0-914829-51-5). A balanced approach to spiritual and physical riches and prosperity.

Online: www.tithing.org: This website has wonderful information about tithing (and seeding).

CHAPTER 21

Work and Jobs

Complete the projects you begin, fulfill the commitments you have agreed to, live up to the promises you have made.

Overview

Your job—what it is and if you have one or not—is entirely up to you, and I do not get involved in that, even if you tell me that you want a job where you can serve God. You can serve God wherever you work and in whatever you do. If your lifelong intention is to serve God, you will find that it is something you do every hour of every day.

"But," you might ask, "how do I know if my job is in alignment with Spirit?" To be used by Spirit, you have to be doing it Spirit's way. To be in line with Spirit, you have to align yourself with the loving consciousness. And then whatever you do to make a living is in your 10-percent level, and I do not bother my head about that. That is your karma to work out, not mine. (See chapter 17, The 10-Percent Level and the 90-Percent Level, for more on this key concept, as well as chapter 5, Karma: Creation and Fulfillment.)

You can say, "I do want to Soul travel, I do want Soul consciousness, and I do want to move into the higher levels. That is my goal and my deepest desire. I am also here in this world today, and I have to work to pay the rent." So you set your goals high and keep focused on them as you keep walking through this level. That's the way to get where you want.

In MSIA, we feel that people should be responsible to life around them. And in being responsible, they should be able to support themselves so they are not an infliction upon society or upon other people in the Church. For example, if someone is always coming around and begging for money, pretty soon you don't like to see them coming. So we urge people in the Church to be responsible in life and to take employment if needed so they can stand up in the sight of themselves and the spirit of love and be able to look at people and not want anything from them. More than that, they can also be of service to others.

At the end of this chapter are several references that give more information about how to deal with work and jobs.

Q&A About Work and Jobs

Q: How can I get a better job?

A: Seeding has been known to help a person change their job, for a financial increase or a greater sense of purpose and peace of mind. (*God Is Your Partner* contains a full description of seeding.)

There is no job on the planet that is just for you. If you make yourself loving and happy inside, any job is for you.

Q: I haven't found the job I want, and I'm beginning to doubt myself because of this.

A: Rather than get down on yourself, see yourself as the divine being that you are. You are much more than what you do for a living or how much you might be paid for what you do. It can be easy to tie our self-worth into how we are doing in the job market and whether we are being paid what we are "worth." The truth is that we are so much more than anything we could do or receive in

this world. We are here to experience, and we cannot judge ourselves based on what is presented to us to experience.

Q: I am a health practitioner and would like to know if you approve of the work I am doing.

A: I don't sanction individuals doing anything. What people do or don't do in the world is their 10-percent area. I support people in whatever they do because I support them in a spiritual sense and on the spiritual levels, but that does not necessarily mean that I support, approve of, or sanction what they do or that I encourage others to participate in what they do. This also doesn't mean that I necessarily disapprove of or discourage what they do. It's always up to the person. (See chapter 17, The 10-Percent Level and the 90-Percent Level, for a full explanation of what I mean by "the 10-percent level.")

As long as you, and the people working with you, run your business in honesty and in loving service—not only in your dealings with each other but also in your dealings out there in the world—it is really easy for Spirit to put Its energy there. However, if deception, deceit, dishonesty, etc., enter into the business on any level, then Spirit is automatically blocked from entering in on any level.

Q: I'm starting a new business and would like your blessing on this.

A: I support the work that is done through MSIA, PTS, USM, Heartfelt, and IIWP. This is not to comment one way or the other on other work that people do or on its value; it is to be clear about what work I specifically support and agree to work through. I don't get into recommending or endorsing the work that is done by others. (See the section Other Organizations in chapter 12, Studying in MSIA, for more about PTS, USM, Heartfelt, and IIWP.)

Q: I give workshops in developing greater self-awareness, and before I begin each workshop, I always ask for the Light for the highest good. Am I protected by doing this? I don't want to create any karma.

A: When a person asks for the Light for the highest good, this does not necessarily mean that they are protected, that no karma will be created, or that they will stay clear while they do whatever they do. Much depends on the person, their intention and clarity, the karmic flow, their attunement with the Light, and many other things. This answer applies not only to giving workshops but also to anything a person does.

> *Your work on the physical level is the work of the Soul as it manifests through the physical form. If you're doing a job you don't like, do it from the Soul. Bring in that quality of Soul, and complete it in joy and love.*

Q: I am seeing someone in MSIA for counseling. Do you work through this person?

A: I do not work through others. I work closely and directly with people who are doing such things as MSIA services (aura balances, polarity balances, and innerphasings) and facilitation of PTS events. All other people, whether in or out of MSIA, "do their own thing."

I work closely on the inner spiritual planes with those who are my initiates. The closeness that exists there is not necessarily reflected here, however, and that quality would be extremely difficult for the ordinary person to discern.

If a person is working in a clear, positive, and loving way and is directly, specifically, and accurately representing the Mystical Traveler Consciousness, the Mystical Traveler's support will be present as they work. If, at any moment, that work slips into a less-positive space, however slightly, the Mystical Traveler's spiritual support may not be noticed. It is the nature of the Mystical Traveler Consciousness that it will support only that which is positive in nature, loving, and pure.

Q: I supervise a number of people at work. Do you have any advice for me?

A: You are the boss. That means you get along. That also means that you do your job and see that others do theirs as best they can. It is an attitude of completing things.

Q: I am thinking of something else to do for work. I'm sixty-six years old, and the doors aren't closed, but they aren't wide open either.

A: Open wide the doors of love.

Q: I work for MSIA. Do you have any advice for me in my work?

A: Be a happy and joyful worker, and if we are going to do any of this work, let's have as much fun as possible. Do the best you can and do it with loving, and it will turn out all right. I have seen this happen over and over and over again.

For More Information

For an explanation of personal-use and public-use MSIA materials, please see page 837.

Success from the Inside Out (Public audio packet, ISBN: 978-0-914829-37-9). A blueprint for creating the life you dream of and deserve.

The Power Within You (Paperbound book, ISBN: 978-0-914829-24-9). The keys to conscious creation and working with universal energy.

"What Is a Strategy for Excellence?" (Personal-use audio seminar #7183). Concrete and explicit strategies for excelling and accelerating.

“Are You Being Self-Supporting?” (Personal-use audio seminar #2148; personal-use video seminar #V-2148). Keys to having freedom in the midst of glamour and illusion and the importance of building your inner support system.

God Is Your Partner (Hardbound book, ISBN: 978-1-893020-26-9). Basic and important information on tithing and seeding. It is free upon request.

CHAPTER 22

HEALTH

This whole world boils down to one word—energy— *and it is used either for you or against you.*

Overview

I think we all know what it is not to feel well and not to have the energy to do the things we want to. It is a blessing that there are health practitioners to help us come back into balance physically, and when someone is not feeling well, I encourage them to first check it out physically with people trained to assist the physical body: medical doctors, chiropractors, body workers, nutritionists, and so on. And, of course, who you go to, and if you go to anyone, is always your choice.

Through it all, remember to love yourself and all that happens to you. Love those parts of your body that are not as healthy as you would like them to be. Then, whether or not the situation changes, you will be loving, and that is a fine place to be.

Take good care of yourself; that's another way to love yourself. Eat good foods. Exercise. Do those things which keep you healthy. Put your physical choices and activities in a higher perspective so you see them as opportunities to love yourself more fully.

Health is part of the 10-percent level, and there are references at the end of this chapter that have more information on this topic and that could assist you. Also see chapter 17, The 10-Percent Level and

the 90-Percent Level, for an explanation of what I mean by the 10-percent level.

Q&A About Health

Q: I've been working to heal and love myself, but instead of improving, I have become ill with a heart condition. I am seeing a medical doctor for this, and I wanted you to know so you can send me the Light. I am embarrassed to tell you this, because I should know better. You have taught us so well how we are creators, and here I am creating such negativity in my body, as if I haven't been such a good student. Please help me understand this illness, why I have it, the lessons in it, and how to use it to get back to the heart of God with you.

A: Illnesses in the body can be from the current life and/or from past existences. There are a lot of factors involved. It's usually not as important to ask *why* an illness is manifesting as it is to come present with it. This means to look at it without judgment. Of course you don't want to be ill, but judging the illness or yourself doesn't help. An illness will often bring out areas of judgment—maybe hundreds of times a day. It's easy to get caught up in those thoughts, and that's the time for loving and forgiveness. If you can see this illness as an opportunity to love more, you are shifting your focus to the positive. And, of course, keep checking things out with doctors and other health practitioners.

You can take the sacred tone and channel it through your body—very specifically through the blood stream, the nerve endings, the muscles, the organs, etc. You can observe the body and the systems of the body as you travel with the tone. You can see those things that are in need of healing and balance and use the tone to alter the energies and bring balance and healing as you go along.

Q: Is there a way of clearing illnesses from the consciousness?

A: Each of us has an "etheric body double." Its purpose is to take on an illness before it reaches the physical body. Often, when a person knows how, they can remove an illness from the etheric body double before it gets to the physical body. And when a person is already ill physically, clearing the etheric body double, along with healing the physical body, can assist with healing.

Q: I've had low energy recently. Do you have any suggestions?

A: If you think too much about that which is negative, you're likely to create that. So keep your thoughts focused towards the positive and keep your energy flowing upward. You might also want to check out your diet (physical, mental, and emotional), not only to see what you're eating but also to see what's "eating you." And, of course, a medical check-up may turn up certain physical factors that might contribute to a feeling of low energy.

By overeating, you get more of the energy that comes from the lower levels of life. This mixes with the spiritual energy, but they are not really compatible. There is no way to express that mix because a certain type of inactivity, or inertia, from overeating and doing nothing sets in. Or you may become mentally dulled and fall into a state of mental exhaustion.

Q: How can I protect myself from a polluted physical environment?

A: The best thing to do is to keep a Light consciousness present at all times. It's the best filter there is. Put a shield of Light around you that will filter all the elements coming into you. Bless what you eat and drink, and place the Light with it. Keeping the Light present on all things will be your best protection. When you have a Light attunement, you can put the Light on everything and help transmute

it. (Also see the technique of using the Cube of Light for protection, page 865.)

Q: There are some people in MSIA who are health practitioners (or they do things like numerology, astrology, or readings). Because they are in MSIA, does MSIA endorse what they do?

A: No. MSIA does not endorse the personal things done by people in MSIA, nor do we condemn them. People do what they do, and it is their life. Also see the section Soul Transcendence, Responsibility, and Psychic Energies in chapter 15, Nonphysical Influences in Our Lives.

Q: I am seeing a practitioner who does "energy work," and I wonder if the information I am getting through this practitioner is accurate.

A: It isn't important how accurate or inaccurate the practitioner is in terms of what they discover and whether it is real, representational (symbolic), a combination, or inaccurate. What matters is how it solves the problem with the basic self and the cells of the body. If there is no progress, it doesn't much matter what the practitioner says or sees. And if the situation does clear, does it matter what they say or see? (See chapter 3, The Three Selves, for a discussion of the basic self.)

Q: I am a medical doctor, and even though I know that God is the only one who has the power over life and death, to what degree do doctors influence the karma of their patients as we maintain life in their physical bodies, which many times would die if it weren't for our actions? (I'm not referring to euthanasia.) To what degree do we have the right or obligation to interfere with their physical bodies, their karma, or life plan?

A: There is no hard and fast answer to your questions. Generally, when a patient comes to see you, they are, in essence, placing their

karma in your hands. When you use the techniques that you have been trained in, the karma generally flows back and through the technique that has been tried and found to work. In that sense, the person is still in control of their karma, and their higher self is still in control of the karmic flow that goes to their body. If you have done your best according to your knowledge and training, then, generally speaking, your work is karma-free. If you do not do that, then the karma that goes with the lack of effort would be difficult to discern from this physical level. (See chapter 5, Karma: Creation and Fulfillment, for a discussion of this concept.)

Q: I am going to be given general anesthesia when I have surgery. Is there an affirmation or something I can tell myself as I am "going under"?

A: You could say, "I accept the spirit of love in my heart."

It's beautiful when a family sits down together to eat and to hold hands around the table and chant either inwardly or outwardly. The food becomes so pure it almost lifts up from the table.

Q&A About Food and Nutrition

Q: How does diet affect spirituality?

A: Spiritually, it matters very little what you eat, how much you eat, if you fast, if you drink only liquids, or if you do any other diet variation. These are physical patterns that do not determine whether or not you will see the face of God. If one type of diet makes you feel more comfortable than another while you are on your way to God, then it is working for you and it's the one to follow. If you find that it ceases to work for you, if it begins to look like a detour or a maze with a dead end, then it is no longer working for you, and it is

probably time to change. Only you can know for sure what is and is not working for you. Let that be your guide.

Q: How does it help to bless food before eating?

A: Praying over food before you eat it, when you are in the Spirit, spiritualizes food. The Spirit comes through your eyes, your mouth, your hands. If you pray over food just because that is the thing to do, you might just as well twirl your finger in the air; it does nothing because you are not in the Spirit. Anytime you are in the Spirit—and you know that because there is joy present and a feeling of being in God—anything you touch becomes spiritual, even other people.

If you're thin but obsessed by your fear of being overweight, you're not free. You're bound and controlled by your eating patterns. You have freedom towards eating when you know the dynamics of your attitudes towards food, your eating habits, and your intake. You evaluate it all and demonstrate that you can eat to maintain the physical body rather than to pursue sensual pleasure. You're free. You can get up and walk away from the table any time you choose. You're not controlled by the food or your attitude towards it.

Q: What do you think about fasting?

A: It's up to you, in conjunction with your health practitioners, to decide whether to fast and, if you do, how to do it. I do know that when we go to sleep at night, almost everyone at some time or another travels into the Spirit and gains the spiritual energy and brings it back into the body. Then we come back into the body and can get out of bed in the morning. The food we eat does not have enough nutrients to keep us going, but the Spirit comes in and activates the nutrients of the food when we live in the Spirit, and that happens whether or not we are aware of it. In the Bible, it talks about people fasting for forty days. What did they live on? Spirit. The spiritualized food is utilized for our spiritual advancement.

Drugs, Alcohol, and Smoking

I have not found one person who has taken "recreational" drugs who has seen the face of God. I look at drugs as chasing a high, and I look at spirituality as living your high. There is a big difference. You do not have to go anywhere or do anything except source back into your spirit.

If you are studying towards initiation into the Sound Current, you need to know that initiation through the Mystical Traveler Consciousness and MSIA is incompatible with the use of consciousnessaltering, "recreational" drugs, such as marijuana, cocaine, psychedelics, "uppers," "downers," etc. (This does *not* apply to drugs prescribed by a medical doctor for valid reasons of health. If you have a question about this, please ask through the MSIA office.)

MSIA places no judgments on drug involvement and does not attempt to tell people what to do in terms of their own expression. We also want to make it clear that if you are involved in recreational drug use/abuse, it will most likely interfere with your awareness of Spirit and can block you from becoming an initiate of the Mystical Traveler.

This process of drug use/abuse is one of illusion. It is an attempt to replace reality with an illusionary image or perception of the world. That is not what MSIA and the Traveler teach. The Traveler teaches awareness and involvement in life. Those who are studying this spiritual path are attempting to move more fully into a true, clear space in their lives, free from illusion as much as possible. Drug abuse does not allow for greater clarity.

Drug abuse can be an addictive process—psychologically, physically, or both. Those who are studying towards initiation are working to free themselves of any addictions. No one can hold or sustain Soul consciousness while addicted to anything on these lower levels. The process of breaking free of addictions starts immediately. Addiction to drugs is, perhaps, the first to break free of, since it is one of the strongest and most obvious. To explain this

more, the Traveler's relationship with the initiates is extremely close. The Traveler working spiritually with the initiates contracts to work with them to balance karma on the lower realms, and in many ways he takes the results of those actions to himself spiritually in order to assist in the clearing. The Traveler's work with people is always uplifting. When a person chooses to continually revert to addictive and abusive choices, the Traveler is not allowed to interfere with the results that are necessary for learning. The opportunity for spiritual upliftment with assistance from the Traveler requires that each person choose to discontinue addictions and abusive behaviors as best they can.

The Traveler works with spiritual energies from the purest, highest God-source. He brings these energies to this level and makes them available to those who are his students and initiates. Consciousness-altering drugs typically access very low energies of a negative, psychic nature. Unfortunately, the negative and impairing effects can be extremely long-lasting and even permanent. To bring forward the higher qualities of purity and the other blessings of God's tremendous love, and then to have those benefits nullified by the negative quality of drugs, is futile, to say the least.

It's hard to understand why anyone would want to deal in such false images as drugs when, by tuning to the true self, they can feel such bliss.

Drug and alcohol use can also affect a person's aura, the electromagnetic energy field around the body. Even after a person has stopped using drugs or alcohol, the drug or alcohol effects may remain in the aura. An aura balance can often assist a person in clearing drug and alcohol effects out of the aura and can make it easier to move away from drug and alcohol abuse. (See page 703 for more information about MSIA aura balances.)

For those who wish to travel the high, spiritual path, drug abuse is simply a delay and a block. The Traveler chooses not to initiate

anyone who has recently been using consciousness-altering, recreational drugs. Specifically, a person must be clear of all recreational drug use/abuse for *at least six months* before receiving causal initiation. And, of course, once a person is cleared to receive this initiation, any use of drugs is not appropriate if the person wishes to receive the initiation physically. Drug use is also incompatible with maintaining an initiation, once it is received physically, and with receiving further initiations (mental, etheric, Soul, above Soul).

In addition, initiation into the etheric level may be denied for those who are addicted to alcohol, cigarettes, or other substances. Alcohol can bring with it some effects that you may not be aware of. For example, it can be an opening for entities to enter your consciousness, and these can interfere with your ability to be responsible in your life choices and to maintain a positive spiritual focus. (See chapter 15, Nonphysical Influences in Our Lives, for more on entities.)

So if you are studying towards initiation and if Soul Transcendence is your goal, you might want to take a look at any addictive patterns you have and start clearing those patterns now, especially since this is eventually necessary to fulfill your divine heritage and complete the progression of the Soul. (See chapter 8, Initiation, for more information.)

Q&A About Drugs, Alcohol, and Smoking

Q: It sounds as if you are saying that using recreational drugs is worse than using alcohol.

A: This is the old question: which is worse, alcohol or drugs? Well, get a .38 on one side and a .48 on the other, pull the trigger, and see what happens, right?

We have found that alcohol goes out of the aura and the system faster. We have found that drugs have a cumulative effect. For example, a person might have smoked one marijuana cigarette a

year ago, and it will still be in their aura. But if they said they were drunk two weeks ago, I might not be able to see that at all, unless I were to go into Soul consciousness and backtrack on them and find it, but I couldn't tell just by looking at the aura.

Q: Does the use of recreational drugs have any effect on a person's initiation and ministry or on their connection with the Traveler?

A: Using recreational drugs does affect a person's connection with the Traveler in that the Traveler backs off from the person in order to allow them to have the experience they chose, as well as the effects of it. When a person stops using drugs, there is a greater opening for the Traveler to be with them if that's what the person wants.

When a person uses a recreational drug, the initiatory and ministerial energies are often disrupted or diminished, and the initiatory tone usually is weakened or goes inactive because of the drug use. Doing s.e.'s with devotion is the way to strengthen or reactivate the initiatory tone, plus stopping the use of recreational drugs, of course. It can also be very helpful to get an aura balance because the energy of drugs can stay in the aura even after a person has stopped using them. (See page 703 for information on aura balances.)

Q: I was around someone who was smoking marijuana. Does that have an effect on me?

A: The information about "secondhand smoke" applies to marijuana as well as to tobacco. I wouldn't be in areas where I could inhale secondary marijuana smoke.

Q: I don't understand the effects of being around someone who is smoking marijuana. Might it endanger my initiation?

A: It probably won't endanger your initiation if you are around it briefly. The drug frequency often brings in negative energies. Those

can be picked up and could undermine your spiritual focus. Whether or not this affects the initiation is an individual thing.

Q: Can I pick up negativity just by being in a house where drugs are used?

A: You *could* pick up negativity in that situation, but it's not always necessarily so. Negative entities can be around where drugs are used, since that energy is hospitable to them.

Q: How can I visit my friend, who smokes marijuana in his house, and not pick up negativity?

A: You can use the Light for protection. For me, I'd be selective and discerning when I visited this person, if I visited at all.

Q: I used a recreational drug twice in the past three months. I'm not going to use drugs anymore, and I hope this will not jeopardize my study towards causal initiation. Could you help me clear this?

A: I'd suggest getting an aura balance and doing s.e.'s to help clear this. You did it knowingly, and so it is yours. Work carefully to dislodge its effects. Also, you need to be free of any recreational-drug use for six months before applying for causal initiation.

Q: I smoke cigarettes. Is cigarette smoking the same as using a recreational drug?

A: No. But smoking tobacco often prevents the person from seeing the spiritual realms. Good luck to you.

Taking care of yourself is loving yourself. You release the downward flow of energy and circulate it back up again. Experience the devotion to yourself that allows you to take care of yourself.

Many people believe that smoking cigarettes is bad. That's a judgment. Look at it this way: have you ever thought that some people might smoke to resist the evil that tempts them? Perhaps if they weren't smoking, they'd be doing something worse. So, smoking may be a positive expression for some people. This is not to be used as an excuse to smoke because we do know that smoking tends to block the flow of spiritual energy, which comes in on the nervous system, the circulatory system, and the chakras, the psychic centers of the body.

Those areas are more shut down with smoke. It has also been shown that smoking causes lung and respiratory problems. Those are not judgments, however; they are statements of what occurs. It is not "bad" to smoke. The result may be something you do not want to deal with.

Q: Is there any "safe" way (from a spiritual point of view) for me to smoke a cigar without it blocking the Light getting to me?

A: I don't know of any. Some people can do it and seem to get away with it, but I have found in the long run that they were not on a spiritual path inside, though it appeared that they were on the outside.

The living water is the Soul. The living food is the Soul. The living breath is the Soul. God lives inside of you as you, and your body is the temple in which resides the magnificence of God.

Q: My doctor has prescribed a tranquilizer for me, but I hesitate to take it because I know what you say about drug use.

A: Taking a drug prescribed by a licensed doctor is different from using a drug recreationally. Taking the prescribed drug may interfere with your awareness of what is happening on the spiritual levels, but it will not interfere with the Traveler's spiritual work

with you; that continues. But an initiate who uses recreational drugs may find that their initiation tone weakens or goes inactive.

Q: Lately my focus has been diet, balance, and learning more about the physical cause of addictions such as alcohol, sugar, and caffeine. Can addictions to these things affect a person's awareness of the Divinity?

A: Some addictions (e.g., to sugar and caffeine) have a physical component, of course, and their addictive qualities go more into the psychological area. Guilt or self-judgment over them would do more to affect a person's awareness of the Divinity than the actual addiction or substance itself. Other addictions such as to alcohol and drugs are different in their effects and can have an effect on a person's awareness of the Divinity.

For More Information

For an explanation of personal-use and public-use MSIA materials, please see page 837.

Health from the Inside Out (Public CD set, ISBN: 978-1-893020-40-5). Three CDs, including the terrific "Body Balance Meditation."

"Finding the Hidden One Through a Balanced Body" (Personal-use audio seminar #2109). Techniques to bring the physical body into balance to find the Divine within you.

"Sara's Meditation" (Included in *Joyful Meditations*, personal-use CD set, ISBN: 978-1-893020-37-5). A sweet guided meditation through the body to bring in more health and love.

Spiritual High (Paperbound book, ISBN: 978-1-893020-30-6). Information on drugs and alcohol, and alternatives to drugs.

"Freedom from Smoking" (Personal-use audio packet #3802). Using an innerphasing is a key part of this process of becoming free from

smoking.

“Relax and Love Yourself Healthy” (SAT #7182). A meditation into greater relaxation, health, and well-being.

“Psychic Reintegration and Body Relaxation” (Personal-use audio seminar #3717). A meditation that can help release psychic-energy blocks and allow your energies to flow more freely through your body.

John-Roger’s Challenge

Issue yourself a challenge and let that challenge manifest to you all the time, that from this moment on, this moment of existence…

I will start to find happiness and peacefulness in me. I will call upon the name of God morning, noon, and night. And I will totally dedicate and devote myself to the uplifting of every consciousness who comes by me.

Therefore, I will smile inwardly and outwardly. I will not be ashamed of my love. I will demonstrate my love totally. I will just be there and allow everyone else the same space in which to unfold.

CHAPTER 23

Practical Spirituality: Living in Grace

When you realize that God is producing all things, you start relaxing immediately.

As I have said, we come to this planet to gain experience. Looked at that way, everything in our lifetime is designed to bring us closer to God. We also knew before we came here that life is a challenge, a challenge of awareness and of fulfillment. Here are some keys for going through life and living in grace.

Remember That You Are Not Alone.

The first and foremost thing to do is remember that no matter what you are going through, you are never alone, abandoned, or forsaken. God is in you, so how can you ever be separated from God? You can *feel* separated, *think* you are separated, *imagine* that you are separated, but the truth is that you are not. *Knowing* that connection is, of course, the key, and I teach spiritual exercises and Soul Transcendence because I know that this is a proven way for people to know their own divinity.

First you learn who you are. And when you learn who the real self is, the false images fall away. The person you thought you were, the religion you thought you were, the philosophy you thought you were may fall away. You may find out that all of these philosophies that you've been adhering to just don't work, but you may be afraid to throw them away because you don't know what will take their place. When you get rid of the things that don't work, you will find the true self.

If you are an initiate of the Traveler, the Traveler goes through everything with you. The Traveler's promise at the time of the causal initiation is, "I am always with you." That does not mean that the Traveler will do it for you. You must do it yourself, but the Traveler does provide spiritual support as you go through your life. If you are not as aware of that support as you might be, doing spiritual exercises is the most direct method I know to increase your awareness, and you need to check this out for yourself.

Remember Who You Are.

You must give up identification with anything in the lower worlds. Only identify yourself as love. Only identify yourself as one of God's emissaries. Only identify yourself as one who brings peace, understanding, and contentment. Only identify yourself as the living Christ. Find your true self, this Christ within, and when you do, you will find that its characteristics are loving, caring, compassion, and forgiveness.

The things that were important to you in the first few years of your spiritual work are still important. It is still important to send the Light to people in a direct way. It is still important to ask for the Light to fill, surround, and protect you. It is still important to place the Light ahead of you in the activities of your day. It is still important to chant your initiatory tone, for it is the foundation of your spiritual health. Don't let these habits slip from you as the years go by. They are your strength.

Support Yourself Spiritually.

When you are dealing with challenges in the physical world, it is very important to nurture your spiritual connection because that can make handling them easier. If you are an initiate, you can reread

your initiation booklets. If you have been doing spiritual exercises sporadically or not at all, you could recommit to doing them regularly for whatever amount of time works for you; five or ten minutes a day can do it. You can make sure you are reading your monthly Soul Awareness Discourse or listening to your monthly Soul Awareness Tape release, and you can reread past Discourses and listen to other MSIA tapes, too. There are also PTS classes and workshops, MSIA home seminars, ministers meetings (if you are a minister), and other MSIA events that can assist you in keeping your focus on the positive, on Spirit. And, as always, you need to *do* it to get the results.

Acknowledge What Is Going On and Then Get Going.

Dishonesty forfeits divine aid, and that refers to what you do inside yourself. So be honest with yourself, no matter what else you might be doing. If you are sad and you say to yourself, "I'm not sad," it may or may not change your attitude. It depends upon the intention of claiming a new direction. But if you are denying what's present, that is "stuffing" and being dishonest with yourself.

> *Don't try to hide your mistakes and errors in consciousness. You cannot hide them from your Soul; it is your own Soul to which you are held accountable. Be honest with yourself. If you've made an error, own it, and take the steps necessary to correct it. There is no disgrace in that. There is an integrity that brings with it a tremendous freedom.*

Acknowledge what is happening. If you have a headache, acknowledge that to the people around you. Say that you are not going to be good company for a while because you are working to get out of pain. Then you take care of your headache as best you can. Or you may find that in a few seconds the headache goes away

and you start to laugh and have fun. Acknowledging is part of accepting what is going on, and what is going on is really perfect.

If I am sad, I say, “I feel sad,” and I know sad for me means to get my rear end out of the chair and get going. If, for you, sad means to sit there and wonder why you are sad, that can go into depression. So when you experience something that is not to your liking, it is a signal to you: get your tush off the chair, get your feet on the ground, start the body moving forward, and do something good with yourself anyway.

If you say, “I am Spirit,” the law of this realm says that you must become that because “as [a man] thinketh in his heart, so is he” (Proverbs 23:7). Where you place your consciousness, you go.

Focus on the Positive.

You get what you focus on. So it makes sense to keep choosing and focusing on grace in every moment and to take the love and joy of Spirit with you wherever you go. If you walk into a dark, black hole with love and joy, you will find love and joy there. If you walk in with fear and anger, you will find fear and anger. Go into all the situations in your life with what you want to find there.

The most effective meditation I have ever seen is worrying. Unfortunately, it goes the wrong way, and I have not seen too many changes made because of worrying. But I know that holding a positive focus on what you want and taking continual small steps towards it is the way to bring it about.

Some people want to get to the root of the limitations in their lives, so they continually look at why they are not happy, why they do not have enough money, why their relationships are not working, why they are sick, why things are “so bad.” You can try to do that if you want to, but it is much quicker and easier to move

your focus from what you see as lack or limitation to what is positive in your life.

Live your life the best that you can. It can be hard, even on good days, but still do it, work the best you can, and give yourself credit. And if you have flaws, fine. Just do not focus on them; work on them. If you looked only at your flaws, you probably would not feel worthy to be here because you would see the errors of your behavior and the imperfections of your body. So focus on the goodness of the work you do, and then correct the flaws as you go along.

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When you correctly identify your errors and take positive action to change them into expressions of learning, you are breaking patterns of fear and tension and are freeing yourself to participate in Soul Transcendence.

Be Clear About Your Intention.

This is your life, so find an intention (an overriding purpose or goal) that you can live or die in, and then follow that. It may take you some time and some soul-searching, but it is worth it, because you are worth it. You will be dying in something at some time, so you might as well decide what it is and what is really worth your time and attention.

You will come and work in this world, get married, have kids, spend your life in slavery to car payments and house payments, work eight hours a day, and then die, and you can take none of that with you. Not a bit of it goes with you. The very thing that is going to go on, that is going to live, that does not die, is the Soul—you, the eternal one, the divine one, God in this form. Yet you may not work on it to know it and to have it establish itself as the foremost thing in your life, your intention.

Many people talk about going to God, but few people are doing it because it's a very demanding path that takes a great deal of ruthlessness and impeccability with how you use your energy. You don't waste your energy doing this and doing that and fantasizing. Instead, you are ruthless with yourself and say, "Get this energy back to me so I can get me going."

Why not make your intention God consciousness? Why not learn about the inner realms before you die so you can know where you are going? If you do not move in that direction, you will not get it. And if you do move in that direction, you will be moving that way all the time, every moment of your waking consciousness. And as you start moving into it, you will start making wise choices. As you make wise choices, your environment will settle down, and you will begin getting free of it. Then you will start to say, "Life is good." It has really been the same life all along. It is just your attitude that is now creating peace and harmony, and you are more aware of living in grace and in the Soul.

When you clear something during your spiritual exercises, through Soul awareness, you can stay clear with it by not going back into it on the lower levels. You do this by saying, "I'm not going to participate in that." If you do it out of hostility, anger, or separation, the people around you can perceive your negative thrust and can be hurt. So you simply declare your new direction—"I am going to participate in *this"*—and move into new activity, always going towards your intention.

Keep in mind two words: patience *and* gradualness. *In that inner rush when you feel like your mind is being cut up with a jigsaw, say to yourself, "Let's just do it a little at a time, let's just take one thing here and finish it. Then I'll take the next one and finish it one step at a time. I'm not going to rush myself."*

Take Continual Small Steps Towards What You Want.

What do we all know about New Year's Resolutions? We break them. So rather than trying to make big changes all at once, take continual small steps towards what you want.

As an example that you can apply to anything in your life, say that you want to do spiritual exercises for an hour each day and you are doing s.e.'s for a couple of minutes a few times a week. You could try doing s.e.'s for two minutes each day. Do that for a month, and then reevaluate. Maybe you will decide to do s.e.'s for five minutes a day for the next month, or maybe you will decide to continue with two minutes a day, but whatever you decide to do, do it. And if your goal is to do one hour of s.e.'s per day and you increase it by five minutes a month, in one year, you will be manifesting your goal—one hour of s.e.'s per day.

As the old wisdom goes, it's a cinch by the inch and hard by the yard. It is called being persistent. Stubbornness and determination use the ego, while persistence utilizes spiritual energy. So, persistently take small steps towards your goals and intention.

When you come up against something within yourself that's difficult for you to handle or deal with, handle it as though it were your next big test before you break into God consciousness. Instead of cursing it and hating it and fearing it, stand up to it and bless it and move into it so enthusiastically that you cannot be denied the completion of it. Embrace it and love it. You will find that no experience stands against you; all can be turned to your advantage.

Use Each Experience to Lift and Grow.

One of the precepts in MSIA is "use everything for your upliftment, growth, and learning." Most of us want to get out of our hard times as quickly as possible, and we will do all we can to

change things. And what if they do *not* change? Rather than going into discouragement or any other form of contraction, change your attitude and, if you have not done it already, ask yourself, "What can I learn from this?"

You may be in a situation because you still have to internalize it more and allow it to shake things loose inside of you, until you finally say, "I don't need this anymore. I'm free of it." Then the challenging experience, the stumbling block, becomes positive as you use it as a stepping-stone. It may also be that you are clearing karma or learning something so that when someone else tells you about a similar situation they are in, you will have empathy and maybe even some ideas to share about how you got through it.

You are manifesting grace when, whatever you experience, you use it for your upliftment. It will certainly be easier on you if you look at your life that way. You can go through life laughing or crying. If you have a choice—and you do—make it laughing.

One of the most beautiful and gratifying of all prayers is just saying, "Thanks." In reality, that is the only prayer necessary.

Be Grateful.

Gratitude is a powerful antidote to negativity. When you are feeling up against it, the simple approach of counting your blessings can help you. This is a way of focusing on the good things in your life even while you are aware of the challenges you are facing and taking steps to handle them.

Who you are is a Soul, and from the point of view of the Soul, there is nothing wrong with anything that is happening in your life. For the Soul, there are only experiences. Shifting any feelings of wrongness over your experiences or how you are handling them takes a change of focus and attitude. This does not mean to deny

what is going on but to acknowledge it and then focus on the good things in your life and be grateful for them. Your connection to the Traveler might be a good place to start, and you can go on from there.

Love Yourself Through It All.

It is not necessary to delve into everything in your life and try to figure out where it came from, why it is present, and so on. You do not have to ferret out each example of ego, doubt, lack, fear, or any other expression you see as negative. Instead, in the moment of realizing it, you can accept it, forgive yourself for judging yourself for that expression, and move to loving. When you do that, you flood yourself with the Light and love of your own beingness, and in that loving, all is forgiven. This does take discipline, and you can do it. It is a matter of choosing—again and again and again—to love yourself. You do deserve your own love.

Love is the key—total, unconditional love. Even when you don't feel like loving, you love the feeling of not feeling like loving.

The Soul, the Spirit part of you, does not care about what goes on because what happens is just experience, and the Soul sees it in all of its perfection. The part that you need to be kind to is your ego, which comes out of the mind and the emotions. Because the ego is tied to your mind and emotions, if you beat it up, you will feel mentally and emotionally beaten up. So be kind to that part of you, too. Then when you go back inside, you will feel the kindness in your emotions and your mind.

Demonstrate loving to yourself. When you eat well, you are demonstrating loving for yourself. When you exercise your body to utilize the energy better, you are also demonstrating loving for your body. As you think positive thoughts, you are demonstrating loving

for your mind. As you do things to keep the emotions harmoniously balanced, you are demonstrating loving for the emotions. When you start to do these things, you will live in greater balance and joy, and other people will be attracted into that force of love.

Misery is separation and the feeling of being separated. Joy is the oneness of all. To reach the oneness, you own all aspects of living. You own the mistakes, the glory, the deceit, and the integrity. When you own it all, there is nothing you are not; you become one with God, which is all.

Do the best you can, and have loving as the keynote of your existence. Be happy and free in your relationship to yourself. Nothing stands outside your loving. You love your mistakes along with your successes. You love the down times as much as the up times. In other words, you love yourself through everything, and your effort goes into loving. When things happen that may seem unfair or difficult at first glance, look for the loving lesson underneath. If you cannot see it there, put it there yourself so you can see everything that happens to you through the eyes of loving.

Forgive Everything.

Forgiveness is the key to the kingdom, and the most important thing for us to do if we are following the Christ is to forgive.

What if someone hurts you in some way? You forgive them. What if you forgive them and they hit you? Forgive them. What if they hit you again? Forgive them. What if they do it again? Don't be stupid —get out of reach. And forgive them again.

You may want to hang on to your anger and hurt feelings because you are afraid that the same thing will happen to you again. But what you are really saying is that you think your judgment, hurt, and anger towards the situation or person will keep it or the person

from hurting you again. I have found that people are going to do what they do, and your anger or hurt is probably not going to make them behave any better towards you. The problem with judgment, anger, and hurt is that you are the one stuck with them. One of the greatest reasons for forgiveness is to clean up your own inner environment and make it nice inside where you live.

You can experience a healing and reconciliation with any and all past actions as they come into your mind by declaring them complete and moving into the glory of this moment.

If you feel as though you cannot really forgive something or someone, place it into the Light and ask the Christ to help you let go. You will know when you have truly forgiven when you also forget what it was you were judging in the first place. You are on to other things, and that situation or person is no longer taking up energy inside of you.

A lot of the things we choose to keep remembering keep us stuck here on Earth. But if you stay in a state of forgiveness, you stay in a state of grace. Historically, we can see that those human beings who lived in a state of grace, as a statement of their lives, became the saints. To live as a saint is to be living in grace and extending grace. Even when you want to tell somebody off, the words come out differently, and the person senses the grace you are extending to them, when you really had all the right, authority, and moral and ethical positions to have laid them low. When you withheld that, grace went in its place. This is the forgiveness that continues on, and you will not finish up the forgiving until your last breath.

When you recognize that we are all one, you will know that if you hurt another, you hurt yourself. You will—automatically—love and bless each one you meet.

You will—automatically— forgive any action and seek to relieve any process of guilt that might appear in yourself or anyone else, so that no one will be delayed on your account.

So make peace with others and with yourself. Forgive others for anything you have judged about them. Forgive yourself for all the things you have done where you knew you did not do the best that you could.

Everybody has the same basic thing to forgive, and that was when we gave up the Spirit world and fell into the physical world. We can look back and see where we thought, "I'll go down there and be back in just one life." Then we found out that we liked it here because it is a pretty nice place (in its own way). At some point, we come to the realization that we have to work this out. So the basic thing we need to do is to forgive ourselves for forgetting that we are divine. That is the real message to open up the channel for our return to the Spirit.

So for everything up to this moment, you just say, "That's no longer real, it no longer exists, and this is the moment that God has created. And in this moment and in this day, I have my life." With that attitude, you fall right back into the Kingdom of Heaven, and you get to find out that you are an heir to the Kingdom.

When you're in the Soul, you still need to keep exercising awareness and eternal vigilance because the negativity here on this physical level tends to pull you back into the negative areas. You can be pulled back easily, simply through judging, blaming, separating, or in some other way shutting down your loving.

Be Eternally Vigilant.

At some point in our evolution (spiritual, moral, financial, etc.), we must become more responsible, conscious, directed Hu-man

beings. We must consciously take direction and control of our lives. We must consciously watch what we put in our mouths. We must consciously monitor the words that come out of our mouths. We must consciously watch what we think about and the energy that we put into our thoughts. We must consciously watch the things that we allow to cycle and recycle through our minds.

Watchfulness brings liberty. Liberty brings greater freedom. The price of freedom is eternal vigilance. If you put off being watchful until tomorrow, you put off your freedom until tomorrow.

Endure to the End.

One of the biggest keys to spiritual progression in the physical is simply to keep moving. Do not stop. When you think you have it made, look around and see where your next move will take you. When you think you have arrived, look up and get the vision for your next step. Wherever you find yourself, there will always be another step. Progression is infinite. And at the end of every sentence, though it is unwritten, there is always “et cetera.”

If you’ve been moving forward and upward in your spiritual progression and you get tired and decide you want to take a break, be careful. You won’t be able to stand still. If you stop your forward progression, chances are you’ll start slipping backward.

You do not have to get through situations in any particular way. You might be crawling, but to keep on keeping on is the most important thing. Sometimes, it is a matter of simply getting the experience and then moving on. You may not feel you handled everything perfectly, but you went through it, and that is what really matters. Sometimes you just need to endure past whatever is happening.

I never say, “Oh, God, take this away from me.” My prayer is always, “Oh, God, give me the strength and the wisdom to utilize this.” And He always has. I do not look for a way out. I look for a way over, around, through, under. It also came to me to ask myself about each situation in my life, “How do I use this? What is it for?” As I looked back at my trials and tribulations, I saw that each one had strengthened me for the next one. They strengthened me in the personality—not spiritually, but the Spirit came through the personality stronger and stronger and stronger as I gave it up to a higher and higher force. One day I just said, “You do it, God. I don’t know how.” That was not copping out; it was going to the source of all things and utilizing it instead of going to the source of my own ignorance and trying to utilize that. I suffered in my own ignorance, so I went to God and became blissful. I never lost one thing. If I had to do it all over again, I would go there faster.

As long as you keep moving in the direction of God, you will get there. You may not always be clear, but if you keep moving, the direction will clarify itself. One day, you will wake up and find yourself living in the heart of God. You will know that all your experiences were but rungs on the ladder that led to God.

One of the most profound things in the Bible is the statement that “he wins who endures to the end.” What is the end? When they throw dirt on your grave. So do yourself a big favor and do not look for perfection here. If I could say, “God, please grant people one wish,” it would be, “Grant them that they will make the best use they can of what comes their way, and then go on.”

Be of Service.

Service is the highest form of consciousness on the planet. I have never told anyone that it is the easiest. In fact, it is the hardest. The willingness to serve is not sitting home and saying, “Call me.” The

willingness to serve is going up to the place, knocking on the door, and saying, “Is there something here I can do to assist you?” That is the willingness to serve. It is not just clear intention. It is intention made clear by going and presenting yourself where the service is needed.

There are two spiritual lives. There is yours inwardly and what you do, and then there is yours out here in the world and what you do. Inwardly, there is what you do traveling in the Sound Current and the Light, following the Lord; those are all one. Service comes from what Jesus said: “When you’ve done it to the least one of these, you’ve done it unto me.” That puts service out there in the world as number one. That’s where those two come from.

When you move into the consciousness of service, you start realizing that the first thing you have to do is love. When you love, you do not look at anything as being a burden or sacrifice. Being of service is freely doing, without any other thought in mind than freely doing, To do something freely is to put aside all the things you want and do what needs to be done without expecting anything back. It is not, “I’ll be of service so I can gain.” It is more like, “I’ll just do to do, to do, to do, to do.” And that is it. If anything comes back, it comes back, and if it does not come back, that is quite all right.

What it boils down to is that service is when you serve under any conditions, regardless of yourself and your own feelings and thoughts. When we truly do something in service, it is okay if somebody tells us, “That’s good” or “That’s bad.” Why? Because true service is given freely without expectation of others’ approval. The essence of true service is self-fulfillment. In that inner fulfillment, there are no regrets or apologies. You can probably always look back and see where you could have done better, and you can always look ahead and worry about doing better, but in true service, you

just handle here and now with what you have. And you continue on with whatever presents itself to you next.

If you don't listen to the inner voice, it shuts off. The inner voice is noninflictive, and to awaken it again takes a lot of prayer, a lot of devotion, a lot of spiritual exercises. One way it opens in a hurry is to be of selfless service to the people around you. That opens the heart. The Spirit heart opens, and the communication of the Lord starts to come with you.

Love is your ultimate key. When love is really present and flowing in your service, all other things tend to fall in line. You find that your inner intent of goodness and graciousness starts writing itself on your eyes and face. Then you start transforming everyone and everything around you. You do not have to say a word. No one even has to know what is going on, but everyone starts to feel better. And your loving service is the key.

Spirit is not a process of the outer world, although its qualities may be reflected here in kindness, loving, and compassion. Let loving express God's presence in all that you do. When you speak, speak with love. When you think, think loving thoughts. When you act, act in love. When you use your ego as a thrust into the world, use it in the name of love, so that your works are good and bring goodness to everyone around you.

Living in Grace

Jesus Christ told us the way to live in grace: "Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.… Love your neighbor as yourself" (Mark 12:29-31).

It's important for you to keep calling forward the essence of spiritual love every day so you keep lifting higher. Day by day. Let nothing stop you from this endeavor. It is more important than any other activity.

If you can always come from love, pretty soon you will be love. Then you will be the living love, which is the Beloved, and that is the spiritual promise.

Grace is not hard. If it is starting to be hard, you are under the law. So you even have to give up the struggle of going for grace, which might be the thing that releases you so you can experience it. Grace is not something you go after as much as it is something you allow. You just let it become. You may want it to come like thunder, lightning, or a big train so you know it is there—you know, with lots of noise and drama. It comes in naturally, however, like breathing, and you may not even know it is happening.

Some people who are living in grace and have been for a long time are moving very slowly into the realization of it. After maybe ten or twelve years of Soul Awareness Discourses, they go back and read Discourse 1 or 2 and realize, "Oh, my God, I am really full of something beautiful." They may look at the notes they wrote in the early Discourses and realize that they do not go through those things anymore.

Living in grace is closely related to where you are focusing your awareness, your attention. If you practice focusing your awareness, in your mind, on the divine being that you are, you can see it or sense it as a beautiful picture. But it is not necessarily a picture you have to hold. It is an attitude. The attitude is formed, practiced, and incorporated into behavior. Then the body mechanism takes over and incorporates it as a habit. When this happens, you can start to walk through life not even knowing that you are happy until people say, "My, you look happy!" You may think, "I'm happy because I haven't had any of these other things that used to bother me." What other things? If you look, you may still be able to see them, but they simply do not bother you any more. Why? Because you do not focus on them.

A way to move from expressions of the law to an expression of grace is to throw away your swords of righteousness. That means throwing away your judgments and your sense that you know what is best for other people. It means allowing others (and yourself) to make mistakes in this world and loving them (and yourself) anyway.

I perceive grace in the experiences of my life, the wisdoms that have come forward about what to do and what not to do. Then I have the trust that I can learn from my experiences, and that allows me to step onto the path of faith. Some people call it luck, some call it intuition, and I have very little problem with what anyone wants to call it. You can call it a lot of names, and if you do not step onto it, you have called it nothing. But if you surrender to the truth of grace that already exists within you, you will be in alignment with all things holy.

Grace is actually the glory of God. From our level, the only grace is loving God. If we start to love God, we have stopped the judgments and the negativity, and that allows grace to be extended. After grace is extended, the next process is glory, and glory is the essence of the Lord coming upon you. When that happens, there is no mistaking it. It will shake everything, even "the fillings in your teeth."

The ultimate is what we're dealing with. Along the way towards the ultimate, you can have a lot of people, a lot of things, a lot of experiences, a lot of laughs, a lot of jokes, a lot of illnesses, a lot of happiness. The Bible talks about how there's a season for this and a season for that, and you just participate in what season you care to and allow other people to participate the same way. In that, you'll find your freedom. In the Spirit, you'll find your liberation. And if that's all going to happen, we might just as well laugh and live in grace.

To receive glory, you have to be prepared to give up everything else. A lot of people say, "Well, I *would* give up everything else." That is not true, because it is given to you according to your faith.

Faith is unseen substance, like air is unseen substance. We can demonstrate the existence of air as a substance by lighting incense and letting it float in the air. What is holding it up? The unseen substance. We cannot see it, but if we put color in it (the incense smoke), we get to see what the substance is. The way we see faith is by our actions. Our actions produce the "color" in the faith, and that faith is the platform on which we step forward into nothingness, the future. The glory descends upon us, and we are sustained by the grace of God.

For More Information

For an explanation of personal-use and public-use MSIA materials, please see page 837.

"Can I Solve My Problems?" (Personal-use audio seminar #3406). The key to solving your problems is not to focus on them but to focus on the transcendent.

"God Is Intention" (Personal-use audio seminar #7354; personal-use video seminar #V-7354). Spirit has a plan for us, which is intention.

"To Thine Own Integrity Be True" (Personal-use audio seminar #7132). You can improve your life by tuning in to your center of truth, your integrity.

"Christmas Eve '76 with John-Roger" (Personal-use audio seminar #1330). A powerful seminar followed by a beautiful meditation that can help you release blocks and reattune to the Christ Consciousness.

"The Healing of Memories" (Personal-use audio seminar #3400). How memories can be stepping-stones to your spiritual unfoldment.

Living in Grace (Public CD set, ISBN: 978-1-893020-38-2). Four CDs, including "The Meditation on Forgiveness" and the "Forgiveness Innerphasing." A key set of CDs.

The Way Out Book (Paperbound book, ISBN: 978-0-914829-23-2). Practical spirituality, including over seventy keys and techniques to successful living.

Forgiveness: The Key to the Kingdom (Paperbound book, ISBN: 978-0-914829-62-1). Forgiveness is truly the key to going through and clearing karma.

Online: www.forgive.org. This website has information and inspiration on forgiveness.

Loving Each Day (Hardbound book, ISBN: 978-0-914829-26-3). A beautiful book of daily meditations to assist you in focusing on and discovering more of the wisdom, truth, and beauty within.

Online: Loving Each Day. A free daily quotation from John-Roger or John Morton is sent to you on e-mail. To subscribe, go to the MSIA website: www.msia.org.

CHAPTER 24

The Spiritual Promise

Let us create words of harmony, pleasure, and love. Let us create thoughts that are worthy of the Divinity within each of us. Let us create love that can be manifested anywhere, at any time. Let us walk with the Beloved and just be one with all.

The very life of that one called the Prince of Peace, called the Beloved—that very one's life is an example of what you must do to fulfill the spiritual promise to yourself. You have to come awake that you were born the Lord. Your Christ Consciousness will eventually bring you into a position where you can enter into awareness of your true self, into your own movement of spiritual inner awareness. It will bring you to the point at which you become the messiah to yourself, the promised one. You become the alpha and the omega, from everlasting to everlasting—because you already are.

Any negativity in your life is just pointing out the next thing for you to work on and to bring across into the Divinity, until one day, and truthfully so, it will all be Divine, and you will know it as that. There will still be negativity and there will still be positivity, and you will see it all equally as the Divine. That is your spiritual heritage.

We are all expressions of Spirit. The Soul is Spirit individualized, manifesting through the physical body on this plane. There is nothing so sacred, so enduring, and so lasting as the God in each person's heart. So fill your heart with the beingness of love, and let it flow like you have never let it flow before. Every day, express more and more eternal love. Release past disturbances. Be thankful, be joyful, and be now, for in this now, you will know, once again, that you are the promised one.

God did not put you on this planet to be a beggar. God put you here and said, “You are the prince of the throne and an heir to all powers, principalities, and kingdoms. I will give you the Light. I will sustain you forever, and all you have to do is come back to Me.” God has made the promise, and to enter into the fullness of that promise, you open to the Christ within you, which will guide you.

The Christ Spirit is the invisible part of us, the God part of us. When Jesus manifested the Christ Spirit in the world, it became easier for us to recognize it and realize that each of us possesses a part of that within ourselves. Jesus did not lie when he told us, “Ye are gods.” He demonstrated it in a way that made its possibility exist for all of us. Your challenge is to reach inside yourself and discover the God part and to work with it all the time. It is a never-ending process, not something you work at for a little while and then set aside while you go on to something else. It is an ongoing process.

The power of God is eternally present within you. You are divine, not because the Traveler or anyone else says so but because that is the way God created you. Don’t take my word for it. Discover it for yourself. Enlighten yourself. No one else can do it for you.

Let everyone else enlighten themselves, too. The freedom and responsibility that are yours also belong to your spouse, your boss, your employees, your family—everyone. If you truly love someone, let them breathe their own air, digest their own food, and walk by themselves. You can steady them, point the way, love and bless them, but you cannot walk their path for them. Let them gain their own experiences. *Your* experiences are necessary for your growth. *Their* experiences are necessary for their growth. You can tell them what worked for you, but if they do not follow that, do not berate them. Let them do it their way because they will anyway; just recognize that they have that right.

At some time, within your inner consciousness, you vowed to become aware of your divinity. Eternally, that awareness is yours. You are the one you seek. You are the divine one, the promised one, the Beloved.

Each person has the responsibility to make their life work as best they can. The Traveler can remind you of the truths you already know inside, and how you apply them to your life is up to you. What you do with the information here is up to you. Whatever you do, the Traveler loves you completely and unconditionally. There is nothing that the Traveler would not do to assist and lift you.

When you reach the point where you can flow with whatever is happening at any moment, without setting up any expectations, without judging the action, without inflicting your point of view; when you can experience and learn from whatever comes your way; when you can let go and become an instrument of the Light, knowing that every person, every situation, every relationship, and every action is for your highest good and that nothing will ever harm or hurt you—when you can do and know these things, you will be well on your way to becoming one of the living free, and that will be a great part of your true fulfillment.

Every aim, every goal of every atom on this planet or anywhere else is to usher you back into your own personal kingdom where you are the god of your own universe, where you are divine in all your levels of consciousness. There is so much love, so much glory here now, and if you do not take of it, it is because you will not take of it. You are blessed and you are loved because you are divine. And one day, as the spiritual promise has been given, you will see the face of God and be able to know it.

Baruch Bashan.

For More Information

For an explanation of personal-use and public-use MSIA materials, please see page 837.

The Spiritual Promise (Hardbound book, ISBN: 978-0-914829-22-5). An inspirational poem about the beauty and wonder of your true self and awakening to that.

"Gospel of St. John: Spiritual Heritage of Man/The Spiritual Promise" (Personal-use audio seminar #7217). On side 1, J-R reads from the Bible about Jesus' experience in the upper room with his disciples at the Last Supper. On side 2, J-R reads the book *The Spiritual Promise*.

"Certainty of the Soul" (Personal-use audio seminar #2552). A sweet seminar about the Traveler's work in showing us the Lord that dwells in each of us.

"The Power of Love" (Personal-use audio seminar #2075). The divine love is inside of you.

Living Love from the Spiritual Heart (Paperbound book, ISBN: 978-1-893020-32-0). The sweetness of John-Roger's expression in this book touches the heart and evokes his teachings of loving.

APPENDIX 1

Free-Form Writing

The unconscious is one of our most powerful influences because, by its very nature, we cannot be aware of its influence until it surfaces. We may find ourselves thinking, feeling, and doing things that we cannot explain or experiencing illness or pain with an unknown cause. The vastness of the unconscious is impossible to fully explore. It marks the division between our waking awareness and our true spiritual nature, and to become aware of our Soul, we have to cross that line into the unconscious. As we do so, we lose something of our daylight awareness. That is why so many people talk about their spiritual nature but so few are aware of it as a living experience.

For years, I have used free-form writing to help clear my unconscious. It is very simple to do. I have described below the way I approach it, a way I know works.

How to Do Free-Form Writing

1. Find a quiet place and sit down with a ballpoint pen and paper.

I also recommend that you light a candle because as you write, emotional negativity may come up and release into the room. Since it tends to go towards flame, having a lit candle may keep the room clear and the negativity away from you.

2. Allow a thought into your mind and transfer it into the pen and onto the paper.

You may not even finish a sentence before the next thought comes up. For example, the thought “go to the restaurant together” arises. As you write “go to the,” you may have another thought, so you start to write that next thought. You do not need to finish the first

one. The next word or thought that comes up may be “help,” and you may write “hlp.” That is fine because you know what you mean by it and you do not have to worry about spelling (or punctuation). But do not write in shorthand because that was not the form through which the thoughts and images lodged in your subconscious or unconscious.

It is important that you do not do free-form writing on a computer or a typewriter, since typing it does not carry the same impact and there may be too much negative energy releasing for the typewriter or computer to handle. Also, do not do free-form writing on a chalkboard or white board and then erase it. The energy that you released may stay in the board itself.

Free-form writing is a kinesthetic activity. The neural impulses from the fingers are sent back to the brain so that the writing actually releases and records the patterns of the unconscious. I call them the “beach balls,” those things we have suppressed for a long, long time and on which we have expended energy to keep under the surface. They can carry tremendous emotion. So at times you may end up writing very forcefully. That’s why I recommend that you do not write with a pencil: the lead can break and you lose the flow.

In some instances, you will find yourself writing as fast as you can, and at other times you will be writing slowly. But throughout this process, you should be writing continuously because there are always thoughts in your mind—and you are to write them down, even if they are, “I don’t know why I’m doing this. What should I write next? Hmmmm.” And do not be concerned if only “junk” is coming up when you do free-form writing; this means that the free-form writing is working.

It is very important when doing free-form writing that you do not just let the pen write. That is automatic writing, a very different process, in which you may be giving over your consciousness to something outside of yourself. Free-form writing is *stream-of-consciousness* writing, where you just write whatever comes into your mind. You are not giving yourself over to anything in this process because you are in absolute control of what is happening.

You also write with the hand that you normally write with, not your other hand; free-form writing is different from the technique of writing with the subdominant hand.

3. When you get through writing, do not read it over. Rip up what you have written and either burn it or flush it down the toilet.

Some people still feel the energy of what they have released even after they have burned (or flushed) the paper on which they did the free-form writing. It is important that you stop the process when you stop writing. Have a set amount of time to write, and when it is over, get up right away (mid-word if necessary), drink some water, move around, burn or flush what you have written right afterwards, and go on with something else. Also, do not go back in your mind to what you wrote or anything you went through or felt when you wrote it. Let it all go.

If you keep the paper, the lower levels of consciousness will hold on to the pattern, and the release will not happen. For the lower consciousness or the subconscious to release and let go of the things it has expressed, that paper must be destroyed. And after you have burned or flushed it, fill the empty space where the images and words were with loving and God. Do spiritual exercises, and allow the healing and the peace of Spirit to fill you.

After you have done free-form writing for any length of time, you may start to get some beautiful, inspirational, wonderful prose that you may want to keep, but when you are through with your session, you may forget where the beautiful writing was and want to read through what you wrote to find it. Do not do this because the energy and negativity that you released onto the paper can return to you if you reread it. Instead, as you are writing and thoughts are flowing through, take the pieces of paper on which you write the inspirational thoughts and set them aside, separate from the other writing. When you finish your session, rewrite the sections you want to keep. Then you can rip up and burn or flush all the original pages.

4. Never share what you have written with anyone else.

If necessary, lock your door while you do free-form writing. If someone knocks, do not feel obligated to answer. You can tell people, "If my door is locked and it says, 'Do not disturb,' stay away. I will probably be out in a couple of hours."

5. Start slowly, but work up to writing for at least an hour.

Actually, two hours per session of free-form writing is optimal. Each person is different, but to notice some real changes, I recommend doing free-form writing for a minimum of three times a week for a minimum of three months. With practice, you can get to the point where you can do this in fifteen minutes, but it will probably take you a year or so to get to that point. You can start by doing fifteen minutes at a time; then increase it, the idea being to work up to sessions of one or two hours. Don't let the fact that two hours is optimal get in your way. As with anything I suggest, try it out as best you can.

The first time people approach this, they usually sit down and think, "I wonder what I should write." Instead, they should be writing, "I wonder what I should write.… Gee, this sure is stupid.… I think this makes me look like a fool.… I feel like such a phony… run… can't… yes… the green elephant was there… no… the cows jumped… I can't… I don't know why I'm doing it." You will see a flow begin, and then all of a sudden it may become jumbled. You may think, "I wonder why I wrote 'green elephant.'" Don't start doing that. Instead, write, "I wonder why I wrote green elephant." The writing will open the mind again, and the repository of jumbled information that has been holding energy will start to release.

The Effects of Free-Form Writing

As you do this technique, a wonderful thing can take place. Because your free-form writing is often a symbol of an inner disturbance, you may find that pressure leaves you as you write.

Obsessive behavior or habitual patterns may suddenly disappear, and you won't even know what it was that was inside you or how it managed to get there. You will just know that it is gone. Often, it will feel like relief or a sense that somebody has taken a weight off you. The strange thing is that you will probably not be aware that it was there until it is gone. Such is the nature of the unconscious.

When it goes, I would strongly advise that you not even question what it was because you might find it and reestablish it inside. We are powerful creators. Just by thinking about how glad you are to be rid of it, you could reactivate your own memory of it and—poof!—it's in.

I emphasize this because it is very hard to get something out a second time. I am speaking from personal experience. I once relooked at something, and it took me fifteen years before I was able to clear it again. I was aware every day that I had not cleared it, so I just kept at it. And one day it went. I knew what it was when it released because of where it was expressing in my body. And I just smiled and got busy doing something else to distract my mind so I would not go back to see if I had really released it.

There is something crazy about our human minds. We say, "But is it really gone?" And, in doing so, we can bring it back. It is as if we were to quit smoking and then smoke another cigarette just to see if we really quit. Then we are hooked again. My advice is that when you let anything go, do not be concerned about it. Just let it go.

I have seen some phenomenal things occur with free-form writing; it has released people from psychologically restrictive patterns and from physical and emotional pain. Free-form writing does not do a great deal for you spiritually, but if you are feeling clearer and better about yourself, there is a very good chance you will feel better about doing spiritual exercises, which *will* do things for you spiritually. With your unconscious free, you will be in a better position to be aware of your Spirit. As a stepping-stone to Soul awareness, free-form writing is wonderful.

When I see people grieving over the death of their loved ones, I can get drawn into it in negative ways. So I will spend a lot of time writing to free myself from this restriction. You can have a tremendous amount of empathy for others without letting their grief drag you under.

Free-form writing is like taking an onion and cutting a wedge through to the center. Then you leave a space, cut another wedge, and so on. If you leave the onion exposed to the air after cutting several wedges and do no more, the sections of onion that were between the wedges will dry up and peel away. And after a time there will be just a tiny seed left. In the same way, by releasing some disturbances through free-form writing, others still inside of you will fall away.

When, after free-form writing, you realize that you had been carrying excessive weight or baggage, rejoice in the feeling of freedom. When something releases, immediately stand up, stretch, and move around physically to experience your new freedom. If you let the area get rigid and tense, you may have another problem to deal with. You will often feel a sense of diminishment taking place, as though you are moving backwards inside of yourself, away from things; they are getting smaller and smaller as you move back. Don't be disturbed. That just means that you are moving away from the materiality of the world.

The CD set called *Living in Grace* has a CD that explains free-form writing and, also, has music that you can use as background to your free-form writing if you like. It is public CD set, ISBN: 978-1-893020-38-2.

From *Webster's Ninth New Collegiate Dictionary*

Mystical: a: *having a spiritual meaning or reality that is neither apparent to the senses nor obvious to the intelligence (the ~ food of the sacrament)* **b***: involving or having the nature of an individual's direct*

subjective communion with God or ultimate reality (the ~ experience of the Inner Light).

Traveler : 1: *one that goes on a trip or journey* **2***: an iron ring sliding along a rope, bar, or rod of a ship* **b***: a rod on the deck on which such a ring slides* **3***: any of various devices for handling something that is being transported laterally*.

Consciousness: 1 a: *the quality or state of being aware, especially of something within oneself* **b***: the state or fact of being conscious of an external object, state, or fact* **c***: awareness esp: concern for some social or political cause* **2***: the state of being characterized by sensation, emotion, volition and thought: mind* **3***: the totality of conscious states of an individual* **4***: the normal state of conscious life* **5***: the upper level of mental life of which the person is aware as contrasted with unconscious processes*.

APPENDIX 2

An Informal History of MSIA

Pauli McGarry Sanderson

Editor's note: In December 1988, J-R had held the consciousness of the Mystical Traveler for twenty-five years, and over one thousand people came to a gala dinner on December 18 to celebrate. Pauli Sanderson, who has worked with J-R since the early days and who was on the MSIA staff for many years, wrote an informal history of MSIA as an anniversary tribute.

Think of the last 25 years of your life. Think of the variety of things you have done, the successes, the disappointments, the changes, the priorities you've had, etc. Think of holding one single focus for that amount of time. Perhaps you have, and so you know the process involved. Perhaps you're learning how to do that and can imagine what the process might be. J-R has held the focus of the Mystical Traveler Consciousness since 1963. He has said that he can forget a lot of things, but he never forgets he is the Traveler.

Tonight we celebrate and honor J-R, our beloved friend, and the work that he has done over the last 25 years. When I was asked to write something for this evening, I said, "Sure," and thought, "What could I possibly write that would do justice to the subject?" Then I decided that nothing could actually do justice to the subject, which gave me a lot more freedom. So join me as I take a walk through some of my memories, share some stories, and say to J-R, "Thank you," and "I love you," not just from me, but from all of us.

I remember, in about 1967, J-R and I went to Disneyland one evening. We went on the usual rides, ate the customary frozen bananas, played at the target ranges in Frontierland, and then, for a rest, hopped on the Santa Fe Railroad for a ride around the park.

Somewhere near the primeval forest, he began telling me about his relationship with Spirit and God, the spiritual awakening he had had in 1963, and the spiritual consciousness that was present with him. I don't know if he actually said "Mystical Traveler Consciousness" during that first conversation. I know he talked about being given a "special dispensation" in order to be of service to humanity. I know he talked about setting aside his life as an individual and dedicating himself to this service. I remember hearing clearly that personal preferences and his personal life were not going to be of much significance in this new work. I thought what a difficult choice that would be and then, as he talked more, realized that it was no choice at all and so, perhaps, not difficult. His joy of discovery and his enthusiasm for serving were so much greater than any seeming sacrifice.

J-R told me of his awakening to the reality of Spirit, of his communications with beings of Light (he referred to them as "the boys upstairs"), of his experience of other realms, and of the potential that everyone had to awaken to the Light and Spirit within themselves and in the outer realms. He spoke of how so many people were "sleeping," unaware of the Light, unaware of their own divinity. He spoke of how the veils of forgetfulness could be lifted from their eyes, if they would allow it. He spoke of the work he would be doing to assist people into that awakening and said that it would be "big." I don't know whether he knew the size or scope of the work, as it would unfold in the years to come. I don't think it mattered to him because all he had to do (then and now) was follow as Spirit led.

He told me of Spirit and the Light, of realms of existence, of ancient truths, of miracles and the mundane—all in the matter-of-fact manner of someone discussing what he had had for dinner the night before. I remember thinking clearly—some hours into this talk—that either this man was completely crazy or I was privileged and honored to be at the beginning of an absolutely wondrous adventure.

At that time, I had known J-R for about three years as a fellow teacher at Rosemead High School. We had laughed, joked, played, and talked about many things. I knew he wasn't crazy. I knew there was no deception in him; I knew he was good and honest and loving. So if he wasn't crazy, what he was saying was opening worlds and possibilities beyond anything I had ever dreamed of. Something inside of me sang, "Yes!" as he spoke. Silently, I asked, "Can I come, too?" His answer was, "If you would like to be a part of this and share the work, you're welcome."

This was how I first became aware of the Traveler and his work. I have been blessed to be part of the work. It has been every bit the wondrous adventure—and much, much more—that I thought it would be on that long-ago night. My experience, I'm sure, only differs somewhat in content from everyone's first moment of being awakened to the Mystical Traveler Consciousness and the joyful, affirmative inner response. From all of us, J-R, thank you for the awakening.

Through all of these years, I have been privileged and honored to watch this man we call J-R or John-Roger and the work that he has done—or perhaps it is the work that Spirit has done through him. Whichever way it is, he has consistently stepped aside in order to provide Spirit with a vehicle for Its work. Perhaps that is what the Mystical Traveler is: one who is willing to step aside and be that clear channel for Spirit, Light, the Supreme God to work through. One who will always make that choice. One who will not forget. One who will sacrifice, in the most joyful way, personal considerations and concerns for the greater good.

The work appeared to me to start small. J-R worked with people on a one-to-one basis. He counseled, he talked, he shared with them what he could see of their life paths, what they were here to learn and to discover, how best they could work with their own personality patterns, how they could awaken to Spirit and make it a part of their lives. As people talked with him, they awakened to new awarenesses about themselves and about the Spirit that was within them. Their lives worked better. They got value out of what J-R

shared with them. They came back for more. They recommended others. People were experiencing the Light, finding out that they had power in their own lives, discovering that they could make choices that supported themselves and their families, awakening to the love that was inside of them, and learning to give and receive the loving in their lives.

In 1968, J-R was invited to share these teachings through seminars. Seminars provided a different format through which to talk about Spirit and the Light, and participants were able to experience these things in a very powerful and dynamic way. Because J-R could talk to more than one person at a time, seminars allowed the work of the Traveler on this physical level to grow. It began to pick up speed, and more people were learning about the Light and Spirit. More people were experiencing the movement of Spirit within themselves. More people were learning about loving.

People who discovered those first seminars in Santa Barbara asked J-R if he would do a seminar in their own towns. He said, "Yes," so there were more seminars. Sometime in 1968 or 1969, J-R's evening schedule began to look something like this: Monday evening, a seminar in Thousand Oaks; Tuesday evening, a seminar in Long Beach; Wednesday evening, a seminar in Thousand Oaks; Thursday evening, a seminar in Alhambra; Friday evening, a seminar in Santa Barbara; Saturday evening, a seminar in Los Angeles. His daytime schedule, of course, still included his regular teaching job from 8 a.m. to about 3:30 p.m. and private individual counseling from about 4 to 6 p.m. There was just enough time left for dinner and—on good days—"Star Trek" reruns before it was time to leave for the seminars. This kind of daily schedule falls under the heading of "service," even if—from the perspective of the many—it might look like it falls under a heading of "nuts." It was the physical manifestation of the inner direction to get the message of Spirit and Light to people. It was the Mystical Traveler Consciousness saying, "Yes."

Accompanying J-R on a great many of these evenings—and also seeing him during the day at work—left little doubt in my mind that

there was absolute validity to his teachings about Light, loving, and service. He told us that if we are living in harmony with Spirit and doing the work of Spirit, Spirit will provide us with the energy needed. Energy is infinite. Spirit has the power. Human beings, in their earthly form, are limited. Those limits are not so apparent when Spirit is present, when we give up our personal considerations, opinions, and judgments and open ourselves up to that which is for the highest good.

I watched it. I experienced it within myself to some extent. I saw it in J-R to a much greater extent. I listened to him give the same message over and over, in seminars, to individuals, to youngsters at school, to me. I watched all of us be pretty dense about receiving the message and putting it to work. Gradually, however, we caught on. Progress seemed sporadic. It didn't matter. J-R kept the same message present: Ask for the Light. Put the Light around you. Ask that those things which are for the highest good come forward to you. Be willing to accept that when you have placed something in the Light, what occurs is for the highest good. Love yourself. Love others. Take care of yourself. Take care of others. Use everything for your advancement.

The messages are simple. Applying them to life is sometimes simple and sometimes difficult. The teachings include perseverance. They include forgiving ourselves when we don't "hit the mark." The essence of the teachings is loving. And J-R is better at that than anyone I've ever known. Thanks, J-R, for all your loving perseverance, which is also called just hanging in there while we all do our best to follow your lead.

I remember one time, driving home from Santa Barbara after a seminar, J-R said, "Wouldn't it be wonderful if, years from now, people were living these truths and these teachings, and no one could remember where they came from?" I remember thinking, "It would be even more wonderful if they remembered where they came from." Now, I think maybe he was right. And I also think that he has accomplished what he wished for that night. I think of all the people, through all the years, who have touched in to the teachings

—through MSIA, PTS, Insight, Baraka, the University of Santa Monica, and all the other programs that have sprung from the original source. I think of the people and how they have taken the ideas and energy of the Light and shared them with someone else, who may have told someone else, who may have told someone else, who may have.… I think of people who have, through a seminar or a retreat or a book, experienced a greater measure of loving and then have turned around and shared that loving with another individual, who got a sense that the world could be a more loving place, who in turn shared that with someone else. I do wonder how this has all moved through the world. In 25 years, there have been thousands of people who have experienced the Traveler's teachings; how many people have those people touched? Perhaps there are people everywhere living the truths and teachings without any memory of where they came from. Perhaps J-R has been successful in making that wish come true.

In 1969, however, the physical part of his work was still on a smaller scale. He was doing six seminars a week and still teaching school during the day. There was obviously more work to be done. There were more people wanting to know about the teachings of the Traveler, not all of whom lived in Los Angeles, not all of whom were able to come to seminars. One summer day, after our very first MSIA Conference (which was attended by a grand total of slightly more than 80 people), J-R said, "You know, if we transcribed the tape of the Conference, we could type it up and give it to people who could not be here." Service. The ability to respond to people's needs. So with a little tape deck, a stop-start foot pedal, and a portable typewriter, the first transcript was typed.

People who came to the seminars in California began to tell their friends and relatives who lived elsewhere about J-R, about the Mystical Traveler, and about the teachings. Some came and attended the seminars as guests, and they asked if they could get seminars where they lived. Of course, the answer was, "We don't have seminars outside of southern California." But the need was there. So J-R explored how he could respond to these people, how

he could be of service. He began taping his seminars and making copies of the tapes available. But some people didn't have tape players (remember, this is 1969 or so). So J-R said, "Wouldn't it be great if we could put the seminars in written form so that people could read them?" Discourses. The basic teachings of the Traveler. They were originally produced on an ancient (but affordable) IBM typewriter. It got the job done. The original run was about 30 copies, and there was great excitement the day J-R bought an electric stapler so the Discourses didn't have to be stapled together by hand. The end result, of course, was that people throughout the U.S. were able to read the teachings of the Traveler and begin their own journey of Soul Transcendence.

One night, we were going to a new seminar location. For some reason, we each took a car that night, and I was following J-R. He was driving a bit faster than he normally did, and I remember thinking that he must have been in a hurry. I also remember blinking my eyes numerous times because I was seeing little flecks of light on the freeway, and I thought my eyes were tired. When we got to the destination and got out of the cars, he was laughing, and he said, "Did you see the Light going ahead of me? It was moving so fast, I could hardly keep up." Suddenly, I knew that my eyes hadn't been playing tricks on me. But more than that, it gave me awareness of how obedient the Traveler/J-R is to the Light and its plan on this planet. He just follows where it leads and does the work as it presents itself.

In that obedience, there is no blindness, however; rather, there is great awareness and presence. I remember when his parents were ill; the awareness, the work, and the acceptance that I saw manifested were magnificent beyond all my experience then. J-R's parents were wonderful people. Loving, nononsense people, fun to be with, filled with life and humor. He loved them very much.

When his mother was first diagnosed with a "terminal" illness, I watched J-R go to work, sending the Light nonstop around the clock, researching the best care, the best nutrition, the best medication, etc. I can only imagine the work he must have been

doing on the higher levels of Light and Spirit; I only know what I could see here. There was no anger, no sense that the illness was unfair, just hard work to bring to her the greatest chance for life (on this level or another) that was possible. He did not push his opinions or his points of view. He honored her and empowered her to make the decisions, supporting her in every decision she made, loving her in every way. When she died, it was with grace and acceptance. I saw his sadness and his joy intermingled—reflections of the man and the Mystical Traveler.

A year after his mother died, when his father was dying to this earthly plane, I watched him do the same thing: loving his father, caring for him in all the difficult physical ways, being with him as a loving companion, allowing him to complete the experience of physical life as he saw it. One night, a few days before his father died, J-R sat with him and told him how blessed and honored he was to be his son and how much he loved him. It was the most beautiful example I have ever seen of "honor thy father and thy mother." At that moment, the teachings of the Traveler took on new life for me, as I was able to see that this man, John-Roger, lived what he taught—even in moments of deepest sadness and difficulty. He held back nothing. J-R was—and is—his teachings.

When his parents were gone, he said that he had—as the Mystical Traveler—completed what he needed to, fulfilled what was necessary. If he stayed and continued to do the spiritual work, it would be out of love. He stayed. The work expanded. His love manifested itself in his presence, his availability to all those who called themselves his students, his ability to respond to their needs… in so many ways.

J-R's work is difficult to describe in the words that we use for communication on this level. His work is an inner transformation. Many of you know the work he has done with you inwardly. You may be aware in ways you were not before. You may know yourself better; you may love yourself better. There may be a different reality in your life. There may be a fundamental sense of joy or of purpose that is different from before.

J-R's work—from what I've been able to see—is individually tailored for each person because each individual needs different things for his or her own awakening. I have seen him work with people who have had so many challenges in their lives and have dealt with so many difficult circumstances, seen him be so gentle and lift them with hope and the vision that they can discover a way to greater happiness and peace. It may be that his energy holds the vision for them until they can hold it for themselves, and, in time, it manifests on this level. I've seen him work with people who have many unrecognized and unacknowledged blessings in their lives and are, in their ignorance, complaining about their lot in life; I've seen him be so blunt and direct with them that they awaken to the good things that are present for them and decide that if they want more, they alone have the responsibility and the ability to create more. And so they do.

My sense of J-R and his work is that each one of us who knows him and is blessed to call himself or herself his student has an individual, special relationship with him. I believe that we all know a different J-R. I believe that the Traveler has an individual relationship with each of us. I believe the relationship changes as we grow and move upward in our own spiritual evolvement.

Let's go back to about 1971. Seminars still were several nights a week. Counseling with individuals was still happening during the days. (Teaching school was not; the teaching had expanded to a larger arena.) J-R had found that the work he was doing simply didn't fit in his one-bedroom apartment, so he had moved to a house with space for the office (there were now a couple of typewriters, tape recorders, a mimeograph machine, an electric stapler, and some tape duplicating equipment) and a couple of people to help operate it all. The house answered a need. The house was a response to the growth of the work.

About this time, another service was added—aura balances. In the seminars, the Traveler had been teaching us about energy fields and how they affect the body. Now it was time to extend to people a way to clear the individual auric field, to release themselves from

those thoughts and feelings that had held them in bondage, to forgive themselves and others in order to gain greater freedom. With more people needing more services, it was necessary to add personnel. So the number of people on staff expanded to meet the need. Again, J-R responded to the needs of those he served as the Traveler. Response-ability.

Part of the response-ability that J-R has demonstrated for the last 25 years has been the traveling that he has done physically throughout the world. Way back, in 1964 and 1965, he would travel throughout the U.S. during the summers. He used to pack up his 1964 Mustang and, a day or two after school was out in the summer, head east. He usually got home the night before school started in the fall. I never heard much from him during those summers, but after he was home, he would tell me about clearing energies from various geographical areas, releasing karmic patterns that had been with the earth for many years. The point of view seemed to be that because he could do these things, he would do them. My sense was that he followed where the Light led him during those trips. And he did the work that was indicated.

For several years, he traveled alone. As he added some staff people to help with the work, they sometimes traveled with him. Later, the traveling expanded. As it became known to MSIAers outside of California that services (aura balances and, later, polarity balances and innerphasings) were available, he began getting requests to come to Miami, New York, Philadelphia, etc., to do seminars and services. He responded. At first the trips were relatively casual; not much preplanning was required. As time went on and requests came from more people in more towns, the response-ability also had to expand. In the response was the opportunity for more people to participate and discover their own response-ability to Spirit.

The traveling has expanded throughout the world, and now J-R sometimes travels with larger groups of people. Because of the collective power of their Light and loving consciousness, they are able to assist with work on the planet that is an expansion of what

J-R did by himself in the early years. What a joyful way to serve the world. What a wonderful way to respond to the world's need for greater loving and Light.

As an aside, long before I heard of responseability (the ability to respond), I was impressed with J-R's ability and, more than that, his willingness to respond. There were innumerable times when a request for this or that would reach him only a few hours before he was leaving to travel or had a major commitment. It would have been so easy—and justifiable—to say, "This reached me too late; I don't have the time right now. It will have to wait." He didn't. If the need was there, he responded. He made the time. He fit it in. I was often in a position of being in between J-R and a request coming from one of his students. I knew the times that, because of something that was happening in his own life, it would have been easier not to respond. He responded anyway. He was there. I've roused him out of bed in South America when someone in Florida was in a crisis and needed him. I've called him in Australia, in the middle of an Insight seminar, to help put him in touch physically with someone in Los Angeles who had need of the Traveler's energy in a physical, concrete way. He has always responded, always put aside personal considerations, always been there. Sometimes people want to see or talk to him and they can't get through; their message may be to go within. When the need is really there, the channel is open. One week, not so long ago, I was experiencing a difficult time in my own life and feeling a bit depleted in energy and the spirit to carry on. I encountered J-R "by accident" three times in one week. Unusual? Not in terms of this marvelous being we call the Traveler. Response-ability—to the Traveler Consciousness, to Spirit and God, to his students. Perhaps, it's all the same. He has been telling us this for a long time now, hasn't he?

Back in 1972 and 1973, the Traveler's work was (and is) clearly to offer the spiritual teachings to those people open to it, to make available the path of Soul Transcendence to those who recognize it as their own. Advertising was something that never seemed to be of particular interest; things were growing fast enough on their own by

word of mouth. But one day, J-R mentioned placing an ad in a little metaphysical magazine. It was a small ad, and it said, “If you would know the secret of Soul Transcendence, write for more information,” and gave our address. For a long time, there was no response to the ad. And then one day, a letter came from Africa. A man wrote and asked for information. We sent him our introductory book and a one-page flier describing Discourses and some tapes. He wrote back to say that he was blessed and honored to have found J-R, “the one who is the Mystical Traveler.” And he started receiving Discourses. Today, there are hundreds of MSIAers in Africa. All from one ad that ran for about three months.

In one of the early seminars, J-R did a meditation that seemed particularly beautiful to one young woman, who wanted to put it into a little book. So she produced *The Spiritual Promise* and had a large number of copies printed. It was placed with a distributing company as a way of, perhaps, reaching more people than those who were directly aware of MSIA. Sales were not spectacular, but a young man in Australia happened to receive the catalog from this distributing company. He sent for the book. Then he sent for more information, then for the Discourses, and then for tapes. And then he started telling his friends about J-R, the Traveler, the teachings. That was the first contact in Australia, and now there are thousands of people there in touch with the Traveler Consciousness.

As the years moved on, the Traveler Consciousness continued, through its own plan, to reach out, to expand, to touch more people. It reminds me of the lyrics of a Paul Simon song: “God only knows, God makes Its plan. The information’s unavailable to the mortal man.” The Traveler has its plan. The plan included Prana, the beautiful old building that MSIA purchased in 1974, which has been home for hundreds of students over the years. It is also headquarters for MSIA, PTS, and *The New Day Herald* (formerly the *Movement Newspaper)*. Living together, working together, and playing together in the energy of Spirit is a wonderful way to experience the teachings in a very concentrated manner. At Prana, one learns to live the teachings—because living less than that can be quite

uncomfortable there. Prana is a place of service for many people. It provides loving, support (on lots of levels), and discipline for people living there. At Prana, the teachings come alive in a way they may not in other living situations. The teachings cannot be just theory at Prana. It's the lab experience.

The Traveler's plan included retreats, another opportunity for people to live and experience the teachings, another lab experience. If J-R has been able to experience the energy of Spirit coming in and providing him with the strength and vitality necessary to do the Traveler's work, retreats allow many more of us to experience that, too. And projects that may have looked too big for the time and space given to them are completed with love, laughter, cooperation, and sweat, as Spirit has supported us. So much accomplished… so much fun.

Service. It's what J-R is all about. The Traveler serving us. Allowing us the experience of Spirit—not just in spiritual exercises but in work, play, and interpersonal relationships.

Ah! Spiritual exercises. Speaking of service. What a service s.e.'s have been to those of us who choose to do them. Who but our best friend would tell us about this wonderful technique, this amazing path to freedom, this great tool for awareness? Thanks, J-R. Spiritual exercises—a window into the higher realms. A way to put this world, and all its materiality, into perspective. A way to make real the other worlds—and all their loving Spirit. As I write this, I find myself experiencing a peacefulness, a sense of the perfect order of God's plan, of joy and safety. The words taper off. Years ago, on the Santa Fe Railroad, somewhere in the primeval forest of Disneyland, my heart sang "Yes!" as J-R told me of the Spirit and the work. Today, as I think back through the last 25 years, my heart still sings "Yes!" as I think, write, and feel about spiritual exercises and all that J-R's work is.

"Yes!" and "Thank you, beloved friend, beloved J-R, for sharing it all, for responding to the cry in each of us to go home to God, to know our own divinity, to love and be loved in the fullness of Spirit."

Somewhere around 1977, J-R said that he had taught us many things about the Spirit, that we were all catching on and learning well, but that we still didn't seem to be able to make our lives work in a way that was bringing a lot of happiness and fulfillment here on this level. So in 1978, he gave us Insight and said that it was the vehicle through which he would come to this earthly level and "do battle" for us. And then teach us how to do battle for ourselves, by showing us the tools for making the world work. Response-ability. Once again, J-R saw a need in us—and he responded. Gave us more. Greater service. Greater loving.

It's been over 10 years since Insight began. There have been seminars designed to help us with just about everything—our relationships, our abundance (financial and otherwise), our effectiveness in our work, becoming neutral, and so on. The seminars work as we choose to work them, which could be said for everything that J-R has taught us. He's told us over and over that he teaches from his experience. If something works for him, he shares it with us. If we work it, great; if we don't, that's fine, too. His job seems to be to give us all the techniques and tools that he knows. And he is very good at his job.

I look at the work J-R does now. There are MSIA tape seminars throughout the world. There are programs of every kind—the educational programs of Insight and the University of Santa Monica, service projects sponsored by the Heartfelt Foundation, and the work done for peace and integrity through the Institute for Individual and World Peace and the Integrity Foundation. There are retreats and classes given through Peace Theological Seminary, and an MSIA ministerial network. J-R's work has expanded tremendously, and there are more people participating than even he, I think, ever envisioned. Maybe I'm wrong. Maybe he envisioned the entire planet participating in the oneness of the spiritual consciousness. Perhaps we are still at the beginning of the journey. I recently had the good fortune to play a part in one of what I call the Traveler's miracles—a wonderful change and upliftment in the consciousness of a man near and dear to me. When I had a chance

to thank J-R for his work, he grinned, his eyes twinkled, and he said, “You ain’t seen nothin’ yet.” Perhaps that is so for all of us on this journey of inner awareness. Perhaps it has only begun and we ain’t seen nothin’ yet.

Whatever it will be, it has been magnificent. In a world that too often seems characterized by broken dreams and disillusionment, it is terrific to be able to participate—for 25 years and counting—in a dream that is even more alive and full of promise today than it was when it began. To be able to watch and learn from a man who demonstrates in his own life the ideas and concepts that he teaches and who is willing and able to be a friend in the very best sense of that word.

So, to you, J-R, my best friend, thank you for all that you have been, all that you are, and all that you will be. My mind still frizzles when I try to encompass who and what you are—and the fact that you are my friend for all of time and eternity. Webster had it right when he said that “mystical” goes beyond the senses and intelligence.

I wrote the following poem a few months ago. I wrote it from me to you, J-R, but as I was writing this tribute, I thought it probably could be from any of us to you, so I close with it.

“Someday you’ll know
  how much I love you,”
One day you said to me.
Years passed and I did not know
Though I hoped and longed to see.

Today I know us better
My heart, your heart, our dream…
Love beyond all worlds and words
Peace and joy supreme

The pieces fit together
The puzzle is no more
Our laughter fills the spaces
Love opens every door

"Someday you'll know
  how much I love you,"
I know you know I do
And now I say, from my heart of hearts,
Please know my love for you.

May God bless you, J-R, with love all ways.

In June 1988, J-R passed the keys to the Mystical Traveler Consciousness to John Morton, saying that the transition would be gradual and would be complete near December 1988. J-R, at that time, pledged his support to John, saying, "I stand firmly behind John, or in front of him, or wherever he wants me to stand." He also said that he continues to hold the keys to the Preceptor Consciousness. So… we move to the next step in God's divine plan, and we accept with joy the Father's will. The journey has been magnificent, the blessings already are (as J-R has taught us so well), so we know there are only greater things in store for us. And with that in mind, we give to John that place in our hearts that holds the Traveler in sacred love and see in him the willingness to serve and the ability to respond to Spirit's call. God bless you, John, and welcome.

APPENDIX 3

Soul Awareness Discourse Titles

1. Introduction Into Light
2. Sending the Light
3. Realms of Light
4. Acceptance
5. The Law of Cause and Effect
6. Responsibility
7. Working Your 10 Percent
8. The Mystical Traveler Consciousness
9. The Neophyte and the Initiate
10. Overcoming Discouragement
11. Control
12. The Magnetic Light and the Holy Spirit
13. The Impersonal Perfect Self
14. Unlocking the Locks
15. Love
16. Responsible Creators
17. The Three Selves
18. Psychic Centers of the Body
19. Soul Realm Mock Up
20. The Law of Reversibility
21. Patterns of Reincarnation
22. Tools of Awareness
23. Ego—A Tool for Unfoldment
24. The Teacher and the Student

25. Games of Life
26. False Images
27. Overcoming Desire
28. Negative Feedback: A Key to Success
29. Attachment and Detachment
30. Releasing Guilt
31. Power of the Spoken Word
32. Giving and Receiving
33. Opinionated Consciousness
34. Patience and Gradualness
35. Substitute Gratification
36. Resistance and Stubbornness
37. Perceiving Spiritual Progress
38. Do It Now
39. Prejudging
40. Attitudes
41. Breaking Crystallizations
42. Creative Consciousness
43. The Consciousness of Grace
44. Discipline
45. Philosopher's Stone
46. Physical and Spiritual Spirituality
47. Controlling the Inner Environment
48. The Divine Love of the Spiritual Heart
49. The Inner Journey
50. Speak Kind Words
51. Universal Laws
52. Breaking Fixations
53. Happiness

54. Honesty
55. Spiritual Gifts
56. Watch, Listen, Think, and Do
57. The Illusion of Separation
58. Security, Sensation, and Authority
59. Consciousness Focusing
60. The Power of Living Love
61. Levels of Contempt
62. Ectoplasmic Aura
63. Manifesting the Unmanifest
64. Overcoming the Dilemma
65. The Center of Truth
66. Love, Devotion, and Responsibility
67. The Purification of the Prince
68. The Process of Prayer
69. The Garden Within
70. The Presence of God
71. The Freedom of Spirit
72. Remedy: The Spiritual Form
73. The Discipline of Love
74. Bridging the Unconscious
75. Divine Communion
76. The Source of Human Form
77. The Discipline that Leads to Truth
78. Spiritual Community
79. The Pure Soul Center
80. Living Soul Transcendence
81. Beyond Form to the Formless
82. Evolvement: An Action of the Heart

83. The Essence Beyond Form
84. The Angel Within
85. Transformation and Transcendence
86. Integrity—Reflection of Spirit
87. Illusion and Spirituality
88. Limiting Consciousness
89. Loyalty
90. The Inner Mountain
91. A Child Shall Lead Them
92. The Mystical Way
93. Choosing Freedom
94. Love is the Prime Mover
95. Sacrifice Your Separation
96. Affirmations of the Supreme
97. Keys to the Secret Kingdom
98. Directing Yourself to God
99. The Keys to Communication
100. Expanding in Spirit
101. Guidelines in Spirit
102. The Inner Way
103. By Your Experience
104. Moving Beyond Limitations
105. You Create Your Life
106. Keys of Self Awareness
107. Joy: The Song of the Soul
108. It's in Your Hands Now
109. What Is the Highest Good?
110. Attune to the Frequency of God
111. Attunement, Atonement, At-One-Ment

112. Spontaneous Action with Spiritual Exercises
113. The Christ Within
114. The Perfect Present
115. Replica or Reality
116. The Boundary Lines of Spirit
117. Catching the Spirit
118. Uncomfortable Comfort Zones
119. Beyond Time and Space
120. Completions to Spirit
121. The Sound of Spirit
122. The Integrity of Spirit
123. Awakening from the Dream
124. The Intelligence of Spirit
125. Glorifying the Living God
126. The Fellowship of the Mystical Traveler
127. Participating Effectively in Spirit
128. Drive to Success
129. Participation: A Lifelong Role
130. Human Rights or Human Values
131. Which Voice Are You Following?
132. Communication in Awareness
133. Experience and Express the Teachings
134. Oneness with God
135. Focusing Your Effort on Spirit
136. The Truth Sayer
137. Utopia or Paradise
138. Creative Emptiness
139. Positive Inner Vision
140. Awakening to the Truth

141. Micro- and Macro-Consciousness
142. Awakening to What Is
143. Making Responsible Decisions
144. Living the Eternal Truth

Glossary

Akashic Records. The vast spiritual records in which every Soul's entire experiences are recorded.

Ani-Hu. A chant used in MSIA. *Hu* is Sanskrit and is an ancient name for God, and *Ani* adds the quality of empathy.

ascended masters. Nonphysical beings of high spiritual development who are part of the spiritual hierarchy. May work out of any realm above the physical realm. See also spiritual hierarchy.

astral realm. The psychic, material realm above the physical realm. The realm of the imagination. Intertwines with the physical as a vibratory rate.

astral travel. Occurs when the consciousness leaves the physical body to travel in the astral realm.

aura. The electromagnetic energy field that surrounds the human body. Has color and movement.

Baruch Bashan (bay-roosh′ bay-shan′). Hebrew words meaning "the blessings already are." The blessings of Spirit exist in the here and now.

basic self. Has responsibility for bodily functions; maintains habits and the psychic centers of the physical body. Also known as the lower self. Handles prayers from the physical to the high self. See also conscious self and high self.

Beloved. The Soul; the God within.

causal realm. The psychic, material realm above the astral realm and below the mental realm. Intertwines somewhat with the physical realm as a vibratory rate.

chakra. A psychic center of the body.

Christ Consciousness. A universal consciousness of pure Spirit. Exists within each person through the Soul.

Christ, office of the. The Christ is a spiritual office, much like the presidency of the United States. Many people have filled that office, Jesus the Christ having filled it more fully than any other being. One of the highest offices in the realms of Light.

conscious self. The self that makes conscious choices. It is the "captain of the ship" in that it can override both the basic self and the high self. The self that comes in as a *tabula rasa*. See also basic self and high self.

cosmic mirror. The mirror at the top of the void, which is at the top of the etheric realm, just below the Soul realm. Everything that has not been cleared in the physical, astral, causal, and mental levels is projected onto the cosmic mirror.

crown chakra. The psychic center at the top of the head.

devas. Nonphysical beings from the devic kingdom that serve humankind by caring for the elements of nature. They support the proper functioning of all natural things on the planet.

Discourses. See Soul Awareness Discourses.

dream master. A spiritual master with whom the Mystical Traveler works and who assists one in balancing past actions while dreaming.

etheric realm. The psychic, material realm above the mental realm and below the Soul realm. Equated with the unconscious or subconscious level. Sometimes known as the esoteric realm.

false self. Can be thought of as the ego, the individualized personality that incorrectly perceives itself to be fundamentally

separated from others and God.

Great White Brotherhood. Nonphysical spiritual beings working in service to mankind in the spiritual line of the Christ and Mystical Traveler. They can assist with spiritual clearing and upliftment.

high self. The self that functions as one's spiritual guardian, directing the conscious self towards those experiences that are for one's greatest spiritual progression. Has knowledge of the destiny pattern agreed upon before embodiment. See also basic self, conscious self, and Karmic Board.

Holy Spirit. The positive energy of Light and Sound that comes from the Supreme God. The life force that sustains everything in all creation. Often uses the magnetic Light through which to work on the psychic, material realms. Works only for the highest good. Is the third part of the Trinity or Godhead.

Hu. A "tone," or sound, that is an ancient name of the Supreme God. In Sanscrit:

initiation. In MSIA, the process of being connected to the Sound Current of God.

initiation tone. In MSIA, spiritually charged words given to an initiate in a Sound Current initiation. The name of the Lord of the realm into which the person is being initiated.

inner levels/realms. The astral, causal, mental, etheric, and Soul realms that exist within a person's consciousness. See also outer levels/realms.

Inner Master. The inner expression of the Mystical Traveler, existing within a person's consciousness.

Kal power/Kal Niranjan. The power of the Lord of all the negative realms. Has authority over the physical realm. Functions out of the causal realm.

karma. The law of cause and effect: as you sow, so shall you reap. The responsibility of each person for his or her actions. The law that directs and sometimes dominates a being's physical existence.

Karmic Board. A group of nonphysical spiritual masters who meet with a being before embodiment to assist in the planning of that being's spiritual journey on Earth. The Mystical Traveler has a function in this group.

Light. The energy of Spirit that pervades all realms of existence. Also refers to the Light of the Holy Spirit.

light, magnetic. The Light of God that functions in the psychic, material realms. Not as high as the Light of the Holy Spirit, and does not necessarily function for the highest good. See also Light and Holy Spirit.

Light masters. Nonphysical spiritual teachers who work on the psychic, material realms to assist people in their spiritual progression.

line of the Travelers. The line of spiritual energy extending from the Mystical Traveler Consciousness, in which the Mystical Traveler's students function.

Lord of realm. Each realm (physical, astral, causal, mental, etheric, and Soul) has a Lord that directs that realm. The Lord of a realm is subservient to the Lords of the realms above it. All of the Lords of the psychic, material realms are subservient to the Lord of all negative creation, which manifests as the Kal power. The Lord of the Soul realm has authority over all Lords of realms below the Soul realm, including the Kal power. See also Kal power.

Lords of Karma. See Karmic Board.

masters of Light. See Light masters.

mental realm. The psychic, material realm above the causal realm and below the etheric realm. Relates to the universal mind.

Movement of Spiritual Inner Awareness (MSIA). An organization whose major focus is to bring people into an awareness of Soul Transcendence. John-Roger is the founder.

mystery schools. Schools in Spirit, in which initiates receive training and instruction. Initiates of the Traveler Consciousness study in mystery schools that are under the Traveler's auspices.

Mystical Traveler Consciousness. An energy from the highest source of Light and Sound whose spiritual directive on Earth is awakening people to the awareness of the Soul. This consciousness always exists on the planet through a physical form.

Naccal Records. Spiritual records that precede the Akashic Records and which record all events from the beginning of time.

negative realms. See psychic, material realms.

New Day Herald. MSIA's bimonthly newspaper.

90-percent level. That part of a person's existence beyond the physical level; that is, one's existence on the astral, causal, mental, etheric, and Soul realms.

Ocean of Love and Mercy. Another term for Spirit on the Soul level and above.

outer levels/realms. The astral, causal, mental, etheric, and Soul realms above the Soul realm also exist outside a person's consciousness, but in a greater way. See also inner levels/realms.

Peace Theological Seminary and College of Philosophy (PTS). A private, nondenominational institution presenting the spiritual teachings of MSIA.

physical realm. The earth. The psychic, material realm in which a being lives with a physical body.

positive realms. The Soul realm and the 27 levels above the Soul realm. See also psychic, material realms.

Preceptor Consciousness. A spiritual energy of the highest source, which exists outside creation. It has manifested on the planet in a physical embodiment once every 25,000 to 28,000 years.

psychic, material realms. The five lower, negative realms; namely, the physical, astral, causal, mental, and etheric realms. See also positive realms.

Rukmini canal. An opening in the void at the top of the etheric realm through which a person moves in consciousness into the Soul realm.

Sat Nam. The Lord of the Soul realm. Sat Nam ("True Name") is also the first individualized expression of the higher God.

SATs. See Soul Awareness Tape (SAT series).

seeding. A form of prayer to God for something that one wants to manifest in the world. It is done by placing a "seed" with (giving an amount of money to) the source of one's spiritual teachings.

s.e.'s. See spiritual exercises.

seminar. A talk given by John-Roger or John Morton; also, an audiotape, CD, videotape, or DVD of a talk either of them has given.

Soul. The extension of God individualized within each human being. The basic element of human existence, forever connected to God. The indwelling Christ, the God within.

Soul Awareness Discourses. Booklets that students in MSIA read monthly as their spiritual study, for individual private and personal use only. They are an important part of the Traveler's teachings on the physical level.

Soul Awareness Tape (SAT series). Audiotapes or CDs of seminars given by John-Roger, for individual and private study only. They are an important part of the Traveler's teachings on the physical level.

Soul consciousness. A positive state of being. Once a person is established in Soul consciousness, he or she need no longer be bound or influenced by the lower levels of Light.

Soul realm. The realm above the etheric realm. The first of the positive realms and the true home of the Soul. The first level where the Soul is consciously aware of its true nature, its pure beingness, its oneness with God.

Soul Transcendence. The process of moving the consciousness beyond the psychic, material realms and into the Soul realm and beyond.

Soul travel. Traveling in Spirit to realms of consciousness other than the physical realm. Sometimes known as out-of-body experiences. This can be done in one's own inner realms or in the outer realms, the higher spiritual realms. See also inner levels/realms and outer levels/realms.

Sound Current. The audible energy that flows from God through all realms. The spiritual energy on which a person returns to the heart of God.

Spirit. The essence of creation. Infinite and eternal.

spiritual exercises (s.e.'s). Chanting the Hu, the Ani-Hu, or one's initiation tone. An active technique of bypassing the mind and emotions by using a spiritual tone to connect to the Sound Current. Assists a person in breaking through the illusions of the lower levels and eventually moving into Soul consciousness. See also initiation tone.

spiritual eye. The area in the center of the head, back from the center of the forehead. Used to see inwardly. Also called the third eye.

spiritual hierarchy. The nonphysical spiritual forces that oversee this planet and the other psychic, material realms.

10-percent level. The physical level of existence, as contrasted with the 90 percent of a person's existence that is beyond the physical realm. See also 90-percent level.

third ear. The unseen spiritual ear by which we listen inwardly and hear the Sound Current of God.

third eye. See spiritual eye.

tisra til. The area in the center of the head, back from the forehead. It is here that the Soul energy has its seat and the Soul energy gathers.

tithing. The spiritual practice of giving 10 percent of one's increase to God by giving it to the source of one's spiritual teachings.

universal mind. Located at the highest part of the etheric realm, at the division between the negative and positive realms. Gets its energy from the mental realm. The source of the individual mind.

wheel of 84. The reincarnation, reembodiment cycle.

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